

Date:

Hospital/Location:

Completed By:

# Healthier By Design Hospital Café Scorecard

## 1. Café Atmosphere

- The first area of the cafe entered by diners (such as where trays or plates are picked up) is free of displays comprised of high calorie, low nutrient foods
- Posters/electronic signage displaying healthier foods or a guidance system (such as Check +) are visible as diners enter the cafe
- Posters/electronic signage displaying healthful foods are visible and readable within all service and dining areas
- Menu boards featuring today's Check + entrees, sides & combo meal are visible and readable within all service and dining areas
- Dining space is named or branded to reflect something of local relevance (can be the facility name but a local icon might be better)
- Signs which provide "Did You Know?" health benefit facts and/or positive health messages are displayed within café and/or seating area
- Signs/posters will be framed or displayed in a professional manner
- Signs/posters are based on current recommendations
- Cleaning supplies, utensils and other clutter are returned to a cleaning closet and are not visible during service and dining
- Workstations are free of waste within view of customers
- Compost/recycling/trash return and garbage cans are at least 5ft away from dining area or in the entrance to the dining area

Score: \_\_\_\_/11

## 2. Focus on Fruit

- Featured/seasonal fruit options are written legibly on menu boards in all service and dining areas
- Sliced or cut fruit is available daily
- Fruit options are not browning, bruised or otherwise damaged
- Fruit is available in at least two or more points of sale or food selection areas (e.g. salad bar, grab and go, etc.)

- A mixed variety of whole fruits are displayed together
- At least 2 daily fruit options are available near all registers (If there are concerns regarding edible peel, fruit can be bagged or wrapped)
- Whole fruit options are displayed in attractive, washable bowls or baskets (instead of chaffing dish/hotel pans)

Score: \_\_\_\_/7

## 3. Vary the Vegetables

- Daily vegetable options (items not on the salad bar such as hot cooked broccoli or green beans) are written legibly on menu boards (or provided electronically) in all service and dining areas
- Daily Check + vegetable items are given creative or descriptive names ("Fresh Harvest Beans", "Nature's Bounty Broccoli")
- Vegetables are not wilted, browning, or otherwise damaged
- One pre-packaged grab and go vegetable is available each day

Score: \_\_\_\_/4

## 4. Move More Water

- All beverage coolers have water available
- Water is placed at eye level for the average customer in all beverage coolers
- Full/high calorie drinks (e.g. non-diet sodas) are on the lower shelves of the cooler
- Water dispensers are available and displayed in a prominent location with signage to draw attention to the dispenser
- Small cups (12 oz or smaller) are available at the fountain drink station (or no fountain soda is available)

Score: \_\_\_\_/5



Over to continue >>>

# Healthier By Design

## Hospital Café Scorecard

(Continued)

### 5. Boost Targeted Offerings

- A healthier (i.e. lower calorie sandwich, baked skinless chicken) daily entrée is the first item seen by the majority of diners entering the serving line
- A daily targeted entrée option that qualifies as a Check + item is promoted as a daily special
- Daily targeted entree has been provided creative and descriptive names (names should focus on taste or be descriptive as opposed to health messages, e.g. “Tuscan Baked Chicken” or “Dynamite Turkey Meatballs”)
- Daily targeted entrée options are highlighted on posters or signs
- All targeted entrée names are printed/written on name-cards or IDs and displayed near (as close as possible) to respective entrée daily
- A daily targeted side dish option that qualifies as a Check + item is promoted as a daily special
- Daily targeted side has been provided creative or descriptive names (names should focus on taste or be descriptive as opposed to health messages, e.g. “Super Fresh Corn” or “Grandma’s Recipe Cauliflower”)
- A daily Check + vegetable (this may be the targeted side some days) is promoted as a daily special
- “Combo Meal” pairings that consist of a Check + Entrée (can be the daily special or an additional Check + entrée) are paired with a bottled water or other healthy beverage
- The “Combo Meal” has been given a name (e.g., “The Mainer Meal” or “The Black Bear Banquet,” etc.)
- “Combo Meal” pairings are promoted on signs/posters
- The “Combo Meal” of the day or featured Check + entrée is displayed on a sample tray or photograph
- For pre-packaged foods or grab and go areas, the healthier foods (e.g. Check +) are conveniently at eye level or are the easiest to reach
- In all snack displays, Check + items are co-merchandised with the traditional snacks (lower sugar fruit bars next to candy bars, baked chips next to traditional chips)

Score: \_\_\_\_/14

### 6. Highlight the Salad

- The salad bar is highly visible and located in a high traffic area
- Salad bar offers lower calorie dressings options such as oil and vinegar
- Salad bar is organized such that the most nutrient dense items (greens, vegetables) are first, higher calorie items (cheese, egg, potato or pasta salad, dressings) are last
- Self-serve utensils are larger for nutrient dense items
- Self-serve salad utensils are smaller for croutons, dressing and other non-produce, higher calorie items
- Items on the salad bar are not wilted, browning, or otherwise damaged

Score: \_\_\_\_/6

### 7. Downplay Desserts

- Whole or cut fruit, or no sugar added fruit salad, are displayed with other desserts
- Frozen treats area has frosted doors (or is covered with contact paper/similar opaque material) or has reminder sign suggesting lower calorie options such as fruit (or no frozen treats are available)
- Half portions are available for at least one or more dessert options

Score: \_\_\_\_/3

### Achievement Level

Total score of 20-28 = Bronze

Total score of 29-37 = Silver

Total score of 38-50 = Gold

Your Total Score:

