



The Healthy Hydration Company™



everychild.onevoice.®

PTA.org/HealthyLifestyles

PTA Self-Assessment

Food, Snacks and Beverages Served at School-Based Family Events and Meetings

The purpose of this survey is for PTA leaders to assess if the food, beverages and snacks offered at school-based family events and meetings support a healthy, balanced diet and if recycling is encouraged at these events.

As a PTA grantee, you should complete this survey at the beginning and end of your grant term to determine if the healthiness of the food, beverages and snacks served at school-based family events improved as a result of your Healthy Hydration family education events.

1. Does your PTA host school-based family event and meetings? Yes/No
[Select one. If no, jump to question 9. If yes, continue to question two.]
2. Roughly how many family events and meetings do you host per year?
3. Do you serve food, beverages or snacks at these family events and meetings? Yes/No
[Select one. If no, jump to question 11. If yes, continue with the rest of the survey questions.]
4. Are fruits and vegetables offered at your PTA events? Fruits and vegetables are fresh, frozen or dried with no added sweeteners.

Always Sometimes Never I don't know

5. Are foods/snacks provided that do not list sugar among the first three ingredients?

Always Sometimes Never I don't know

6. Are soda/pop, sports drinks, juice or other sugar sweetened beverages offered?

Always Sometimes Never I don't know

7. Is water offered at your PTA events?

Always Sometimes Never I don't know



1250 North Pitt Street • Alexandria, VA 22314
PTA.org • Info@PTA.org



The Healthy Hydration Company™



everychild.onevoice.®

PTA.org/HealthyLifestyles

8. Do students and family members have opportunities to provide both suggestions and feedback on the food, snack and beverages offered?

Always Sometimes Never I don't know

9. What do you feel are your school's biggest challenges to offering nutritious food, snacks and beverages at school-based family events and meetings? (check all that apply)

Cost

Convenience

Large group size

Lack of school leadership support

Religious or cultural preferences

Access to nutritious foods, snacks and beverages

Perception about the tastiness of nutritious foods, snacks and beverages

Participants do not request or desire nutritious foods

Dietary restrictions, food allergies or intolerances

Other

10. Are recycling bins available at school-based family events and meetings?

Always Sometimes Never I don't know

