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 events 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
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