

Action Project Readiness Assessment

Prepare to Change Your World



Completion of this assessment is required. Turn in a copy of your completed assessment **by October 9**. You may email a scan to info@gardenshare.org, or mail it to GardenShare, PO Box 516, Canton, NY 13617.

The questions below are designed to get your team thinking about your school's assets and needs around food system issues.

Some of these questions you will be able to answer yourselves, and some of them may take some research. Your team leader should be your first resource, but you will also need to get information from other people including perhaps food service director, administrators and other students.

Who's Served What

Check all that apply to your school:

- ☐ Serves breakfast
 - ☐ If yes, participates in the School Breakfast Program (SBP)
- ☐ Serves lunch
 - ☐ If yes, participates in the National School Lunch Program (NSLP)

What percentage of students are eligible for free or reduced priced lunch or breakfast at your school? ____%
(Hint: your school's food service director will have the answer to this question.)

If your school serves lunch, how much time do students have to eat lunch? _____

What percentage of students get their lunches from the following sources:

(Your school's food service director may have some of these answers, or you may have to do your own survey.)

- _____ Lunch line (reimbursable lunch)
- _____ A la carte foods at school (These are anything that's not the regular lunch, such as an extra serving, bag of chips, yogurt...)
- _____ Off campus
- _____ Bring their own
- _____ Other: _____

Where did you get the information to answer this question? _____

Comments: _____

What's For Lunch

Does your school cafeteria buy any food from local farms?

☐ Yes

☐ No

If so, what and how often? _____

Which of the following does your school offer:

☐ Vegetarian Options

☐ Vegan Options

☐ Organic Food

☐ Grass Fed or Pastured Meats

☐ "Sustainably Raised" Foods

Please describe, if any: _____

How do students rate your school lunches overall? *(You may have to do a survey to find out.)*

☐ Mostly Positive

☐ Mostly Negative

☐ Mixed

Comments: _____

General comments about lunch at school: _____

How About a Snack?

Beyond the cafeteria what sources of food are available at your school during the school day?

☐ Vending Machines

☐ School Store

☐ Snack Bar

☐ Store Near Campus

☐ Fundraisers

☐ Other: _____

Which of the following kinds of snacks and beverages are available from vending machines, school store, snack bars or concession stands?

☐ Milk (flavored or unflavored)

☐ 100% juice drinks

☐ Bottled Water

☐ Flavored Waters

☐ Sugary drinks (including iced teas and sports drinks)

☐ Fruits (fresh or dried)

☐ Dairy products (like yogurt or cheese)

☐ Vegetables

☐ Whole grain foods (like granola bars, etc.)

☐ Nuts

☐ Junk food (candy bars, artificially flavored chips...)

☐ Snack foods in reasonable portion sizes
(i.e. one serving per package)

☐ Other: _____

Is water freely available from fountains at your school?

☐ Yes, but most avoid it.

☐ Yes, and many drink it.

☐ No

General comments about snacks at school: _____

In the Classroom

Is there any nutrition/food/wellness curriculum currently being taught in your school?

☐ No

☐ Yes

If yes, who is teaching them, when and how often, and what topics are being covered? *(Use additional sheets or the back if necessary.)*

Class Name: _____ Instructor: _____

Grade(s) Reached: _____ Frequency: _____

Topics covered: _____

Is there any agriculture/farming/gardening lessons currently being taught in your school?

☐ No

☐ Yes

If yes, who is teaching them, when and how often, and what topics are being covered? *(Use additional sheets or the back if necessary.)*

Class Name: _____ Instructor: _____

Grade(s) Reached: _____ Frequency: _____

Topics covered: _____

Comments: _____

School Food Projects

Does your school have a school garden or any garden projects? ☐ Yes ☐ No

If yes, please answer the following:

Who is the lead contact for the garden? Name: _____ Email: _____

Does your school garden provide food for the cafeteria? ☐ Yes ☐ No

Does your school garden provide food for food pantries? ☐ Yes ☐ No

Is the school garden connected to any classes? ☐ Yes ☐ No

Is there a school composting program? ☐ Yes ☐ No

Are there other purposes for the school garden? ☐ Yes ☐ No

If you answered yes to any of the above, please describe: _____

If your school does **not** have a school garden, has there been discussion about starting one?

☐ Yes

☐ No

Please describe: _____

Are students involved in recipe development or taste-testing of school lunches? ☐ Yes ☐ No

If so, how? _____

What activities or programs would your school food service director like to run if s/he had support?

Does your school have a wellness or school food committee or team? *(Hint: If your school food director does not know the answer to this, try the school's administration office.)* ☐ Yes ☐ No

If so, how often does it meet? _____

Are students represented on that committee? ☐ Yes ☐ No

Is there a wellness or healthy food policy? ☐ Yes ☐ No

What parts of the wellness policy would you like to get involved with? _____

Comments: _____

In Your Community

Is healthy food available in your community? ☐ Yes ☐ No

If so, where? ☐ Grocery Store ☐ Natural Foods Market ☐ Farmers' Market
☐ Food Coop ☐ Gas Station ☐ Other: _____

If someone in your community is having trouble getting enough food, what kinds of help are available to them?

☐ SNAP/EBT (Food Stamps) ☐ Community/Free Will Meals ☐ Food Pantries
☐ School Backpack Program ☐ Meals on Wheels/Meal Delivery ☐ WIC
☐ Free/reduced price school meals ☐ Other: _____

Comments: _____

For Discussion

Below is a list of potential projects. Rate these from 1-5 in order of priority based on this assessment as well as your personal interests and perspectives.

- _____ Starting a school club that focuses on food issues
- _____ Conducting a school food taste test to try out new school lunch recipes
- _____ Starting and/or expanding a school garden
- _____ Hosting a hunger banquet to raise awareness
- _____ Eliminating or reducing junk food from school