

**Healthy Hospital Initiative
Food and Beverage Scan
FAQ's**

1. What areas am I scanning?
The main hospital cafeteria. You are also scanning the vending machines located in or near the hospital cafeteria. You will also need to determine if there are coffee shops and gift shops located in the hospital that sell food and beverages.
2. Suppose I don't know where the cafeteria is located...is it OK to ask?
Yes
3. Suppose I don't know whether there are additional cafeterias located in the hospital I am scanning... Is it OK to ask?
Yes
4. Suppose I don't know whether there are coffee shops and gift shops located in the hospital I am scanning...Is it OK to ask?
Yes
5. What meals do I scan?
Breakfast and lunch only. You may choose to complete both scans on the same day or choose 2 different days. All scans need to be completed on a business day only (Monday through Friday) but *not* on a Saturday or Sunday.
6. What do I complete?
You will complete the hard copy and the electronic scan.
7. Where do I start the scan?
Start the scan at the main cafeteria located in the hospital. First, take a moment to walk around the cafeteria to locate items listed on the scan....entrees, Grab and Go items, beverages, sandwiches, salad bar, soups, cereals, fruit, vegetables. Be sure and note if there are menu boards, table tents, or other displays that have health and/or nutrition information listed.
8. What is considered "healthy"?
Health main dishes/entrees: entrees that contain non-fried meats, poultry, fish, and that are not smothered in cheese, fats, oils or cream based sauces
Healthy vegetarian options that are not deep fat fried or smothered in cheese.

Healthy sandwiches/wraps: chicken, turkey or vegetarian options that do not contain bacon, ham, mayonnaise based spread (chicken salad, tuna salad, egg salad, ham salad).

Healthy vegetable options: vegetables that are *not* deep fat fried, served with bacon or other meat, cheese.

If unsure, write the brand name on the hard copy of the scan.

9. What is a “Juice drink” and how is it different from “Juice”?

“Juice” is a beverage that contains 100% fruit juice

“Juice drink” (also called juice cocktail, juice beverage, fruit ade or juice ade): contains 20% fruit juice or less. Examples: lemonade, Snapple, Sunny D, fruit punch, etc.)

If unsure, write the brand name on the hard copy of the scan.

10. What is considered an energy drink or sports drink?

An energy drink is any beverage (including calorie or sugar free) that contains a lot of caffeine. Examples include: Red Bull, Rock Star, Monster, etc.

A sports drink is a beverage (including calorie and sugar free) that contains added electrolytes. Examples include: Gatorade, Powerade, Coconut Water, All Sport, Muscle Milk, etc.

If unsure, write the brand name on the hard copy of the scan.

11. What is considered a “Grab and Go” item?

Those fruits and vegetables located near the cash register.

12. What is considered an “unhealthy” item?

Food: deep fat fried, smothered in cheese/grease, chips, double burgers, French fries, doughnuts, pastries, etc.

Beverage: milk shake, soda, sports or energy drinks, vitamin waters, fruit drinks.

If you are unsure whether an item is “unhealthy” write the item(s) with a comment on the hard copy of the scan.

13. Can I write additional comments on the electronic scan?

Yes. Its better to write more comments on the scan (both hard copy and electronic) than fewer comments.

14. What do I do when I have finished the scan?

Be sure you have completed the entire hard copy of the scan. Also, be sure the electronic version is completed.