

Nutrition Environment Measures Survey (Maine Rural Food Access Version)

I. Store Name _____

III. Date: _____

II. Store Type: Super Store/Market

IV. Start Time: _____

Medium Grocery

V. End Time: _____

Small Grocery

VI. No. of Checkout Aisles _____

Convenience Store

Other _____

VII. Rater: _____

VIII. Address: _____

IX. Comments: _____

X. Latitude: _____

XI. Longitude: _____

Nutrition Environment Measures Survey (Maine Rural Food Access Version)
Measure # 1: FRESH FRUITS AND VEGETABLES

FRESH FRUITS

Does the store sell fresh fruits: Yes No (go to “Fresh Vegetables” section)

Produce Item	Not available	Price	#	Unit			Quality	
				pc.	lb.	Other	A	UA

1.1 Bananas	<input type="radio"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	_____	<input type="radio"/>	<input type="radio"/>	_____	<input type="radio"/>	<input type="radio"/>
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Comments: _____

1.2 Apples	<input type="radio"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	_____	<input type="radio"/>	<input type="radio"/>	_____	<input type="radio"/>	<input type="radio"/>

Comments: _____

1.3 Oranges	<input type="radio"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	_____	<input type="radio"/>	<input type="radio"/>	_____	<input type="radio"/>	<input type="radio"/>

Comments: _____

1.4 Grapes	<input type="radio"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	_____	<input type="radio"/>	<input type="radio"/>	_____	<input type="radio"/>	<input type="radio"/>

Comments: _____

1.5 Cantaloupe	<input type="radio"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	_____	<input type="radio"/>	<input type="radio"/>	_____	<input type="radio"/>	<input type="radio"/>
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Comments: _____

1.6 Peaches	<input type="radio"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	_____	<input type="radio"/>	<input type="radio"/>	_____	<input type="radio"/>	<input type="radio"/>
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Comments: _____

1.7 Strawberries	<input type="radio"/>	\$ <input style="width: 20px;" type="text"/> . <input style="width: 20px;" type="text"/>	_____	<input type="radio"/>	<input type="radio"/>	_____	<input type="radio"/>	<input type="radio"/>
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Comments: _____

Produce Item	Not available	Price	Unit			Quality	
			#	pc.	lb. Other	A	UA

1.8 Honeydew Melon \$. | _____ _____

Comments: _____

1.9 Watermelon \$. | _____ _____

Comments: _____

1.10 Pears Anjou \$. | _____ _____

Comments: _____

1.11 Grapefruit Red \$. | _____ _____

White

Comments: _____

FRESH VEGETABLES

Does the store sell fresh vegetables: Yes No (go to next measure)

Produce Item	Not available	Price	Unit			Quality	
			#	pc.	lb. Other	A	UA

1.12 Carrots 1 lb Bag \$. | _____ _____

Comments: _____

1.13 Tomatoes Roma \$. | _____ _____

Comments: _____

1.14 Sweet Peppers Green bell \$. | _____ _____

Comments: _____

1.15 Broccoli Bunch \$. | _____ _____

Comments: _____

1.16 Lettuce Iceberg (head) \$. | _____ _____

Comments: _____

Produce Item	Not available	Price	Unit			Quality		
			#	pc.	lb. Other	A	UA	
1.17 Green Beans	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___	<input type="radio"/>	<input type="radio"/>	___	<input type="radio"/>	<input type="radio"/>
Comments: _____								
1.18 Celery	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___	<input type="radio"/>	<input type="radio"/>	___	<input type="radio"/>	<input type="radio"/>
Comments: _____								
1.19 Cucumbers	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___	<input type="radio"/>	<input type="radio"/>	___	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Slicing								
<input type="radio"/> _____								
Comments: _____								
1.20 Cabbage	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___	<input type="radio"/>	<input type="radio"/>	___	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Head								
<input type="radio"/> _____								
Comments: _____								
1.21 Cauliflower	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___	<input type="radio"/>	<input type="radio"/>	___	<input type="radio"/>	<input type="radio"/>
Comments: _____								
1.22 Squash	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___	<input type="radio"/>	<input type="radio"/>	___	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Butternut								
<input type="radio"/> _____								
Comments: _____								
1.23 Spinach	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___	<input type="radio"/>	<input type="radio"/>	___	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Loose leaf								
<input type="radio"/> _____								
Comments: _____								

Nutrition Environment Measures Survey (Maine Rural Food Access Version)
Measure # 2: CANNED FRUITS AND VEGETABLES

CANNED FRUITS in FRUIT JUICE or JUICE CONCENTRATE (AND NOT IN SUGAR SYRUP)

Preferred can size: 15 oz

Does the store sell canned fruits: Yes No (go to “Canned Vegetables” section)

Item	Not available	Price/can	Can size (oz)	Brand Name
2.1 Fruit cocktail/mixed fruit	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.2 Pineapple	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.3 Peaches	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.4 Oranges	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.5 Pears	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____

Comments: _____

CANNED VEGETABLES (Regular with no sauce)

Preferred size: 15 oz can

Does the store sell canned vegetables: Yes No (go to next measure)

Item	Not available	Price/Can	Can size (oz)	Brand Name
2.6 Corn	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.7 Peas	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.8 Green Beans	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.9 Carrots	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
2.10 Tomatoes	<input type="radio"/> Whole <input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
	<input type="radio"/> _____			

Comments: _____

Nutrition Environment Measures Survey (Maine Rural Food Access Version)
Measure # 3: FROZEN FRUITS AND VEGETABLES

FROZEN FRUITS

Preferred size: Use 16-oz (=1 lb) package if available

Does the store sell frozen fruit: Yes No (go to “Frozen Vegetables” measure)

Item	Not available	Price/Pkg	Pkg size (oz)	Brand Name
3.1 Strawberries	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.2 Blueberries	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.3 Raspberries	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____

Comments: _____

FROZEN VEGETABLES (Regular cut frozen vegetables without sauce)

Preferred size: Use 16-oz (=1 lb) package if available

Does the store sell frozen vegetables: Yes No (go to next measure)

Item	Not available	Price/Pkg	Pkg size (oz)	Brand Name
3.4 Peas	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.5 Corn	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.6 Green Beans	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.7 Mix vegetable	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.8 Broccoli	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.9 Spinach	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.10 Cauliflower	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
3.11 Carrots	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____

Comments: _____

Nutrition Environment Measures Survey (Maine Rural Food Access Version)
Measure # 4: FRUIT JUICE

100% FRUIT JUICE

Preferred size: select largest size but not less than 16 oz container

Does the store sell 100% fruit juice: Yes No (go to next measure)

Item	Not available	Price/container	Container size (oz)	Brand Name
4.1 Orange Juice	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
4.2 Apple Juice	<input type="radio"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____

Comments: _____

Nutrition Environment Measures Survey (Maine Rural Food Access Version)
Measure # 5: LEAN MEAT

Preferred Size (Ground Beef and Chicken): 1 lb

Does the store sell meats: Yes No (go to next measure)

Item	Not available	Price/pkg	Pkg size	Days from Sell by Date (if Available)
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5.1 Ground Beef 90% Lean \$. | . | lbs |

85% Lean

80% Lean

5.2 Chicken (skinless)

breast \$. | . | lbs |

5.3 Canned Tuna (packed in water)

Preferred Size: 6 ounce can

solid white albacore \$. | | oz N/A

light tuna

Comments: _____

Nutrition Environment Measures Survey (Maine Rural Food Access Version)

Measure 6: Whole Grains

Does the store sell whole grain foods: Yes No (go to next measure)

Item	Not available	Price/loaf	Loaf size (oz)	Brand Name
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Bread (Preferred Size: 24 oz)

6.1 100% whole wheat bread	<input type="radio"/>	\$ <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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Comments: _____

Item	Not available	Price/Pkg	Pkg size (oz)	Brand Name
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Rice (Preferred size 32 oz or 2lbs)

6.2 Brown whole grain rice	<input type="radio"/>	\$ <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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Comments: _____

Item	Not available	Price/Pkg	Pkg size (oz)	Brand Name & Type
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Pasta (Preferred size 16 oz)

6.3 100% Whole wheat pasta	<input type="radio"/>	\$ <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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Comments: _____

Item	Not available	Price/Pkg	Pkg size (oz)	Brand Name
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Breakfast Cereals (< 7 g sugar per serving and 100% whole grain)

6.4 Toasted Oats (Plain)	<input type="radio"/>	\$ <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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Preferred Size: 15 ounce

6.5 Shredded Wheat (Plain)	<input type="radio"/>	\$ <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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Preferred Size: 16 ounce

6.6 Bran flakes (Plain)	<input type="radio"/>	\$ <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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Preferred Size: 17 ounce

Comments: _____

Item	Not available	Price/Pkg	Pkg size (oz)	Brand Name
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Oatmeal (Preferred Size: 42 oz container)

6.7 Instant (Plain/non flavored)	<input type="radio"/>	\$ <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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Comments: _____

**Nutrition Environment Measures Survey (Maine Rural Food Access Version)
Measure 7: Dairy**

MILK

Does the store sell milk: Yes No (go to "Cheese" section)

7.1 **Brand Name** (store brand preferred): _____

Comments: _____

Availability (Select lowest %fat available):

7.2 Skim 1% 1 ½ 2% Whole

Price: **Half gallon** Days from Expiration **Gallon** Days from Expiration

7.3 \$.

7.4

7.5 \$.

7.6

Comments: _____

CHEESE

Reduced fat cheese preferred size: 8 oz block

Low fat cottage cheese preferred size: 16 oz

Does the store sell cheese: Yes No (go to "Yogurt" section)

Item	Not available	Price	Size (oz)	Brand Name
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7.6 Reduced Fat Cheese	<input type="radio"/>	\$ <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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- cheddar
- mozzarella
- Swiss

7.7 **Total fat, grams per serving** .

7.8 Low fat cottage Cheese	<input type="radio"/>	\$ <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	_____
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7.9 **Total fat, grams per serving** .

Comments: _____

YOGURT

Brand: Compare and select cheapest brand or store brand

Does the store sell yogurt: Yes No

Item	Not available	Price	Size (oz)	Brand Name
7.4 No or low fat Plain Yogurt (Preferred size 32 oz or 2 lbs)	<input type="radio"/>	\$ <input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	_____
<i>Total fat, grams per serving</i>			<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	
<i>Total sugar, grams per serving</i>			<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	
7.5 No or low fat Flavored Yogurt (Preferred size 8 oz, then 6 oz)	<input type="radio"/>	\$ <input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	_____
<i>Total fat, grams per serving</i>			<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	
<i>Total sugar, grams per serving</i>			<input style="width: 30px;" type="text"/> <input style="width: 30px;" type="text"/>	
Comments: _____				