

NUTRITION ENVIRONMENT MEASURES SURVEY (NEMS)

YALE RUDD CENTER REVISED VERSION

FOOD OUTLET COVER PAGE

Rater ID:

Store ID:

Date:
Month Day

Type of store (ID): ☐ Convenience store (1) ☐ Grocery store (2)
☐ Food mart/gas station (3) ☐ Drug store (4)
☐ Chain/supermarket (5)

Note if: ☐ Ethnic store ☐ Health food store Comments _____

STORE TYPE CHECK: Note if actual type different from store type in enumeration & classification form:

☐ Different Comments _____

Start time: am pm

End time: am pm

Number of cash registers: ☐ 1 ☐ 2 ☐ 3+

WIC store certification: ☐ Certified ☐ Not certified ☐ Unknown _____

Food Stamp store certification: ☐ Certified ☐ Not certified ☐ Unknown _____

Cleanliness of premises: ☐ Acceptable ☐ Unacceptable _____

Comments: _____

Nutrition Environment Measures Survey (Rudd Center Version)**Measure #1: MILK**Rater ID: Store ID: **A. Reference Brand**

Store brand (preferred)

0 Yes **0** No

Alternate Brand Name

Comments: _____

B. Availability

Comments: _____

1. a. Is low-fat (skim or 1%) available? **0** Yes **0** No

b. If not, is 2% available? **0** Yes **0** No

2. Shelf Space for Reference Brand Milk: (measure only if low fat milk is available)

Type	Pint	Quart	Half gallon	Gallon
a. Skim				
b. 1%				
c. Whole				

C. Pricing for Reference Brand Milk:

Type	Quart	Half gallon	Comments
a. Skim or 1% milk (lowest fat available)	\$.	\$.	_____
b. Whole	\$.	\$.	_____

Alternate Items:

2%, quart	\$.	_____
2%, half gallon	\$.	_____

Nutrition Environment Measures Survey (Rudd Center Version)**Measure #2: CHEESE**Rater ID: Store ID: **Availability & Price**

Use cheese in block. Select 8-10 oz bars if available. If cheddar is not available, select Mozzarella or American cheese and note in Comments.

Item	Not available	Price/lb.	Comments
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Healthier Option:**Reduced Fat Cheddar**Cabot Cheese cheddar light **0**\$. Saturated fat, grams per serving .**Alternate Items:**

Cracker Barrel cheese cheddar sharp

reduced fat **0**\$. Saturated fat, grams per serving .Other: **0**\$. Saturated fat, grams per serving .**Regular Option:****Regular Cheddar**Cabot Cheese cheddar **0**\$. **Alternate Items:**Cracker Barrel cheese cheddar sharp **0**\$. Other: **0**\$.

Nutrition Environment Measures Survey (Rudd Center Version)**Measure #3: FRUIT**Rater ID: Store ID: **Availability & Price**

Produce Item	Not available	Price	Unit #	pc. lb.	Quality A B C	Comments
1. Bananas	0	\$.		0 0	0 0 0	_____
2. Apples	0	\$.		0 0	0 0 0	_____
0 Red delicious	0					_____
0 _____						_____
3. Oranges	0	\$.		0 0	0 0 0	_____
0 Navel	0					_____
0 _____						_____
4. Grapes	0	\$.		0 0	0 0 0	_____
0 Red Seedless	0					_____
0 _____						_____
5. Cantaloupe	0	\$.		0 0	0 0 0	_____

6. Peaches	0	\$.		0 0	0 0 0	_____

7. Strawberries	0	\$.		0 0	0 0 0	_____

8. Honeydew Melon	0	\$.		0 0	0 0 0	_____

9. Watermelon	0	\$.		0 0	0 0 0	_____
0 Seedless	0					_____
0 _____						_____
10. Pears	0	\$.		0 0	0 0 0	_____
0 Anjou	0					_____
0 _____						_____

11. Total Types: (# of fruits available)

Nutrition Environment Measures Survey (Rudd Center Version) Measure #4: VEGETABLES

Rater ID: Store ID:

Availability & Price

Produce Item	Not available	Price	Unit # pc. lb.	Quality A B C	Comments
1. Carrots	0	\$.	0 0	0 0 0	
0					
2. Tomatoes	0	\$.	0 0	0 0 0	
0					
3. Sweet Peppers	0	\$.	0 0	0 0 0	
0					
4. Broccoli	0	\$.	0 0	0 0 0	
0					
5. Lettuce	0	\$.	0 0	0 0 0	
0					
6. Green Beans	0	\$.	0 0	0 0 0	
7. Celery	0	\$.	0 0	0 0 0	
8. Cucumbers	0	\$.	0 0	0 0 0	
0					
9. Cabbage	0	\$.	0 0	0 0 0	
0					
10. Cauliflower	0	\$.	0 0	0 0 0	

11. Total Types: (# of vegetables available)

Nutrition Environment Measures Survey (Rudd Center Version)
Measure #5: FROZEN & CANNED VEGETABLES

Rater ID: Store ID: **Availability & Price****A. Frozen Vegetables**

(Please select frozen vegetables without sauce and regular cut vegetables. Use 16-oz (=1lb) package if available).

	Not available	Price/pckg	# oz/pckg	Comments
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1. Peas

Green Giant peas sweet baby	0	\$.		
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Alternate Items:

Other:	0	\$.		
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2. Green Beans

Green Giant green beans	0	\$.		
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Alternate Items:

Other:	0	\$.		
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3. Broccoli

Green Giant broccoli	0	\$.		
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Alternate Items:

Other:	0	\$.		
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	Not available	Price/can	# oz/can	Comments
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B. Canned Vegetables

(Select 14.5-oz cans if available; as an alternative, select the cheapest item of regular no-sauce canned vegetable).

1. Corn

Green Giant whole kernel canned	0	\$.		
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Alternate Items:

Other:	0	\$.		
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2. Green Beans

Green Giant green beans canned	0	\$.		
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Alternate Items:

Other:	0	\$.		
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Nutrition Environment Measures Survey (Rudd Center Version)
Measure #6: MEAT

Rater ID: Store ID: --**Availability & Price****A. Beef** (Select packages of approximately 1-2 lb size)

Item	Not available	Price/lb.	Comments
Beef Healthier Option:			
Lean ground beef, 90% lean, 10% fat (Ground Sirloin)	0	\$.	_____
Alternate Item:			
Lean ground beef (<10% fat)	0	\$.	_____
Other: _____	0	\$.	_____
Beef Regular Option:			
Standard ground beef, 80% lean, 20% fat	0	\$.	_____
Alternate Item:			
Standard alternate ground beef (>10% fat)	0	\$.	_____
Other: _____	0	\$.	_____

B. Chicken (Select packages of approximately 1-2 lb size)**Chicken Healthier Option:**

Chicken Breasts Boneless Skinless

Perdue chicken breast boneless skinless	0	\$.	_____
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Alternate Items:

White Gem chicken breast boneless skinless	0	\$.	_____
Other: _____	0	\$.	_____

Chicken Regular Option:

Chicken Thighs with Bone & Skin

Perdue chicken thighs with bone & skin	0	\$.	_____
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Alternate Items:

Perdue chicken wings	0	\$.	_____
Perdue chicken drumsticks	0	\$.	_____
Other: _____	0	\$.	_____

Nutrition Environment Measures Survey (Rudd Center Version)
Measure #7: MEAT ALTERNATIVES

Rater ID: Store ID: --**Availability & Price****A. Tuna**

Item	Not available	Price/can	Comments
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Canned Tuna Healthier Option:

Bumble Bee tuna solid white albacore in water , 6-oz can	0	\$.	_____
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Alternate Items:

Starkist tuna solid albacore in water , 6oz	0	\$.	_____
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Other: _____	0	\$.	_____
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Canned Tuna Regular Option

Bumble Bee tuna solid white albacore in oil , 6-oz can	0	\$.	_____
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Alternate Items:

Starkist tuna solid albacore in oil , 6oz	0	\$.	_____
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Other: _____	0	\$.	_____
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B. Beans**Canned Beans Healthier Option**

Goya black beans, 15.5 oz can	0	\$.	_____
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Alternate Items:

Goya kidney beans, 15.5 oz can	0	\$.	_____
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Other: _____	0	\$.	_____
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Refried Canned Beans Regular Option

Refried beans with lard/pork, 15.5 oz can	0	\$.	_____
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Alternate Items:

Baked beans with lard/pork, 15.5 oz can	0	\$.	_____
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Other: _____	0	\$.	_____
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Nutrition Environment Measures Survey (Rudd Center Version)
Measure #8: BEVERAGE (Grocery Store)

Rater ID:

Store ID: --

Availability & Price

A. Soda

Item:	Size	Not available	Price/pack	Comments
Healthier Option:				
Diet Coke	12 pack 12 oz.	0	\$	_____
	6 pack 12 oz.	0	\$	_____
Alternate brand of diet soda				
	12 pack 12 oz.	0	\$	_____
	6 pack 12 oz.	0	\$	_____
Regular Option:				
Coke	12 pack 12 oz.	0	\$	_____
	6 pack 12 oz.	0	\$	_____
Alternate brand of sugared soda				
	12 pack 12 oz.	0	\$	_____
	6 pack 12 oz.	0	\$	_____

B. Juice

Healthier Option:				
Tropicana 100% juice (64 oz., half gallon)		0	\$	_____
Alternate Items:				
Minute Maid 100% juice (64 oz., half gallon)		0	\$	_____
Other: _____		0	\$	_____
Regular Option:				
8. Tropicana juice drink (64 oz., half gallon)		0	\$	_____
Alternate Items:				
Minute Maid juice drink (64 oz., half gallon)		0	\$	_____
Other: _____		0	\$	_____

C. Bottled Water

Poland Spring	6 pack 16.9 oz	0	\$	_____
Alternate Items:				
Other: _____	6 pack 16.9 oz.	0	\$	_____

Nutrition Environment Measures Survey (Rudd Center Version)
Measure #8: BEVERAGE (Convenience Store)

Rater ID: Store ID: **Availability & Price****A. Soda**

Item:	Size	Not available	Price/can, bottle	Comments
Healthier Option:				
Diet Coke	12 oz.	0	\$	
	20 oz.	0	\$	
Alternate brand of diet soda				
	12 oz	0	\$	
	20 oz	0	\$	
Regular Option:				
Coke	12 oz.	0	\$	
	20 oz.	0	\$	
Alternate brand of sugared soda				
	12 oz.	0	\$	
	20 oz.	0	\$	

B. Juice

Healthier Option:				
Tropicana 100% juice	15.2 oz.	0	\$	
Alternate Items:				
Minute Maid 100% juice	15.2 oz.	0	\$	
Other: _____	___ oz.	0	\$	
Regular Option:				
Tropicana juice drink	15.2 oz.	0	\$	
Alternate Items:				
Minute Maid juice drink	15.2 oz.	0	\$	
Other: _____	___ oz.	0	\$	

C. Bottled Water

Poland Spring	16.9 oz.	0	\$	
Alternate Items:				
Other: _____	___ oz.	0	\$	

Nutrition Environment Measures Survey (Rudd Center Version)
Measure #9: BREAD

Rater ID: Store ID: **Availability & Price**

(Try to select 1-lb loaf and use the same brand for white and whole wheat brand if possible)

Item	Not available	Loaf size (oz)	Price/loaf	Comments
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Healthier Option:**Whole grain bread** (100% whole and whole grain bread)

Pepperidge Farm natural bread

100% whole wheat bread	0		\$	
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Alternate Items:

Freihofers bread	0		\$	
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100% whole wheat

Other:	0		\$	
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of varieties of 100% whole wheat

and whole grain bread (all brands)

0 0	0 1	0 2	0 3+
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Regular Option:**White bread** (bread made with refined flour)

Pepperidge Farm

farmhouse bread heart white	0		\$	
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Alternate Items:

Freihofers bread country white	0		\$	
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Other:	0		\$	
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Nutrition Environment Measures Survey (Rudd Center Version)
Measure #10: GRAINS

Rater ID: Store ID: **Availability & Price****A. Rice**

Item	Not available	Pckg size (oz.)	Price/pckg	Comments
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Healthier Option:**Brown rice**

Uncle Ben's brown whole grain rice	0		\$	
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Alternate Items:

Carolina rice brown long grain	0		\$	
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Other:	0		\$	
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Regular Option:**White rice**

Uncle Ben's rice converted long grain	0		\$	
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Alternate Items:

Carolina rice enriched long grain	0		\$	
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Other:	0		\$	
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B. Pasta**Healthier Option:****Whole grain pasta**

Ronzoni whole wheat spaghetti thin	0		\$	
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Alternate Items:

Barilla pasta penne whole grain	0		\$	
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Other:	0		\$	
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Regular Option:**Regular spaghetti**

Ronzoni spaghetti thin	0		\$	
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Alternate Items:

Barilla pasta penne	0		\$	
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Other:	0		\$	
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Nutrition Environment Measures Survey (Rudd Center Version)

Measure #11: CEREAL

Rater ID: Store ID:

Availability & Price

Healthier Option:

Healthier cereals < 7 g sugar per serving and whole grain

Item	Not available	Pckg size (oz.)	Price/pckg	Comments
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Cheerios (plain)	0		\$	
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Alternate Items:

Kellogg's corn flakes	0		\$	
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Other: _____	0		\$	
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of varieties of healthier cereals 0 0 0 1 0 2 0 3+

Regular Option:

Cereals ≥ 7 g of sugar per serving and not whole grain
(select most comparable size to healthier option available)

Cheerios Honey Nut	0		\$	
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Alternate Items:

Froot Loops	0		\$	
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Other: _____	0		\$	
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Oatmeal (Plain, non-flavored)

Quaker quick oats	0		\$	
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Alternate Items:

Quaker instant oatmeal regular	0		\$	
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Other: _____	0		\$	
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Nutrition Environment Measures Survey (Rudd Center Version)
Measure #12: CHIPS

Rater ID: Store ID: **Availability & Price****Healthier Option:**

Low-fat chips: no more than 3g fat/per 1 oz serving

(select the smallest package (pckg) available)

Item	Not available	Pckg size (oz)	Price/pckg	Comments
Baked Lays Potato Chips	0		\$	_____

Alternate Item:

Other: _____	0		\$	_____
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Regular Option:

Regular chips: more than 3g fat/per 1 oz serving

(select most comparable size to healthier option available)

Lays Potato Chips Classic	0		\$	_____
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Alternate Item:

Other: _____	0		\$	_____
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