



Out-of-School Time Site-Level Assessments Questionnaire

*Developed by the
University of California Nutrition Policy Institute for the
California Department of Public Health*

FFY 2025

Here is some basic information about the Out-of-School Time (OST) Site-Level Assessment Questionnaire (SLAQ):

- **WHAT does it include?** Questions that assess current healthy eating and physical activity practices at an OST site. Do NOT include practices that are planned but not yet implemented.
- **WHO should complete it?** One or more individuals that are familiar with the policies and practices in place at this site.
- **WHEN should this be completed?** Annually, *before* interventions for the program year begin at this site.
- **WHY?** To understand a site's need for healthy eating and physical activity supports, and to measure change and improvements over time.
- **HOW?** It can be completed on paper or on-line. If you complete it on paper, you will need to enter your data here in order to submit your responses:
https://ucanr.edu/sites/slaq/SLAQ_Questionnaires/

Tips and additional information:

- Review the questionnaire before beginning to decide who should be involved in completing each section and gather any materials/documents you may need.
- Do your best to estimate the current situation so that change over time can accurately be assessed.
- Current practices may be impacted by health or safety emergencies. It is important that you report on the practices in place at the time you complete the questionnaire, even though they may differ from the usual practices. There is a question at the end of each section to comment on these impacts. These questions are not included when computing scores.

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Site Information

Site name _____

Address _____

This site's Local Health Department (LHD) partner _____

PEARS Site ID _____

The PEARs Site ID can be found using the [NPI PEARs Site Search Tool](#). Watch this [video tutorial](#) on how to use this tool to search for a PEARs Site ID.

Date of current assessment (MM/DD/YYYY) _____

Date of last assessment (MM/YYYY) _____ N/A (this is the first assessment)

Number of students enrolled (before school) _____ N/A: no before school program

Number of students enrolled (after school) _____ N/A: no after school program

Position(s) or title(s) of those completing this form _____

Section 1: Wellness Policies and Meal Program Participation

When completing this section, refer to policies about student wellness, NOT employee wellness. Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.

1.1 This site has a written wellness policy (a document that includes child nutrition and/or physical activity guidelines). *Mark all that apply.*

- Yes, we have a site wellness policy
 - Yes, we have an organization-level or district-level wellness policy
 - No
 - I don't know
- } *Go to Q1.2*
- } *Skip to Q1.4*

1.2 During the past year, has anyone at your program done any of the following activities?

Mark all that apply.

- Reviewed your site's or school's/district's wellness policy
- Helped revise your site's or school's/district's wellness policy
- Communicated to program, school, or district staff about your site's or school's/district's wellness policy
- Communicated to parents and families about your site's or school's/district's wellness policy
- None of these

1.3 Which areas are addressed by your wellness policy? *Mark all that apply.*

- Meal program participation
- Providing healthy meals and snacks
- Providing water and/or healthy beverages
- Creating healthy mealtime environments
- Foods and beverages outside meal and snack times (e.g. at celebrations, fundraisers)
- Edible garden
- Nutrition education
- Physical activity
- Entertainment screen time
- Family involvement in wellness policies and programs
- Monitoring compliance of wellness policy
- None of these

1.4 Does this program have a wellness committee (an action-oriented advisory group of two or more people that focuses on the health and well-being of students attending)? IF SO, how often did it meet during the last 12 months?

- Committee did not meet
- 1-2 times
- 3-4 times
- 5-6 times
- 7+ times
- No committee

1.5 Have any of the policies or practices in Section 1 been impacted by health or safety emergencies?

- No
- Yes *Please describe:* _____

1.6 Comments on Section 1: Wellness Policies and Meal Program Participation

Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.

Section 2: Meal and Snack Foods and Beverages

When completing this section, please refer to a weekly or monthly meal menu if available. Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.

2.1 Does this site serve meals?

- Yes *Go to Q2.2*
- No *Skip to Q2.7*

2.2 Meals served meet the Child and Adult Care Food Program (CACFP) or National School Lunch Program (NSLP) guidelines. *For information about CACFP, visit: <https://www.fns.usda.gov/cacfp/meals-and-snacks>; For information about NSLP, visit: <https://www.cde.ca.gov/ls/nu/sn/nslp.asp>*

- N/A: Not participating in CACFP or NSLP
- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

2.3 Meals served meet the California Nutrition Standards for After School Programs (ASP) guidelines.

For information about the California Nutrition Standards for ASP, visit: <https://www.cde.ca.gov/ls/nu/as/afterschoolnutstan.asp>

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

2.4 Fruit (not juice) is offered at meals.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

2.5 Vegetables are offered at meals. *Do not include French fries, tater tots, hash browns, or dried beans.*

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

2.6 Beverages served to students during meals include:

Mark all that apply

- Plain, unflavored water (carbonated or non-carbonated)
- Unflavored low-fat (1%) or non-fat milk
- Unflavored whole or reduced fat (2%) milk
- Flavored (e.g., chocolate or strawberry) non-fat milk
- Flavored (e.g., chocolate or strawberry) whole, low-fat, or reduced fat milk
- Unsweetened non-dairy milk alternatives (e.g., plant-based milks) that meet nutrient standards for fluid milk substitutes
- Sweetened non-dairy milk alternatives (e.g., plant-based milks) that meet nutrient standards for fluid milk substitutes
- Sweetened or unsweetened non-dairy milk alternatives (e.g., plant-based milks) that do NOT meet nutrient standards for fluid milk substitutes
- 100% fruit or vegetable juices (full strength or diluted with water)
- Sugary drinks (e.g., regular soda, fruit punch, lemonade, aguas frescas, sweet tea)
- Diet drinks (e.g., diet soda, light tea)
- Other (specify):

2.7 Does this site serve snacks?

- Yes *Go to Q2.8*
- No *Skip to Q2.13*

2.8 Snacks served meet the Child and Adult Care Food Program (CACFP) or National School Lunch Program (NSLP) guidelines. *For information about CACFP, visit:*

<https://www.fns.usda.gov/cacfp/meals-and-snacks>; For information about NSLP, visit:

- <https://www.cde.ca.gov/ls/nu/sn/nslp.asp>*
- N/A: Not participating in CACFP or NSLP
 - Always (true more than 90% of the time)
 - Usually (true 61-90% of the time)
 - Sometimes (true 41-60% of the time)
 - Not usually (true 11-40% of the time)
 - Never (true 10% or less of the time)

2.9 Snacks served meet the California Nutrition Standards for After School Programs (ASP) guidelines.

For information about the California Nutrition Standards for ASP, visit:

<https://www.cde.ca.gov/ls/nu/as/afterschoolnutstan.asp>

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

2.10 Fruit (not juice) is offered at snacks.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

2.11 Vegetables are offered at snacks. *Do not include French fries, tater tots, hash browns, or dried beans.*

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

2.12 Beverages served to students during snacks include:

Mark all that apply

- Plain, unflavored water (carbonated or non-carbonated)
- Unflavored low-fat (1%) or non-fat milk
- Unflavored whole or reduced fat (2%) milk
- Flavored (e.g., chocolate or strawberry) non-fat milk
- Flavored (e.g., chocolate or strawberry) whole, low-fat, or reduced fat milk
- Unsweetened non-dairy milk alternatives (e.g. plant-based milks) that meet nutrient standards for fluid milk substitutes
- Sweetened non-dairy milk alternatives (e.g. plant-based milks) that meet nutrient standards for fluid milk substitutes
- Sweetened or unsweetened non-dairy milk alternatives (e.g. plant-based milks) that do NOT meet nutrient standards for fluid milk substitutes
- 100% fruit or vegetable juices (full strength or diluted with water)
- Sugary drinks (e.g., regular soda, fruit punch, lemonade, aguas frescas, sweet tea)
- Diet drinks (e.g., diet soda, light tea)
- Other (specify):

2.13 Drinking water outside (e.g. from water fountains, water bottles, water stations, cups, etc.) is:

- Easily visible and self-serve at all times
- Easily visible and available on request
- Visible, but only available during designated water breaks
- Not visible
- Not available

2.14 Drinking water inside (e.g., from water fountains, water bottles, water stations, cups, etc.) is:

- Easily visible and self-serve at all times
- Easily visible and available on request
- Visible, but only available during designated water breaks
- Not visible
- Not available

2.15 Students are allowed to carry and drink from refillable water bottles:

- At all times and locations
- At only some times and locations
- Never

2.16 Have any of the policies or practices in Section 2 been impacted by health or safety emergencies?

- No
- Yes *Please describe:* _____

2.17 Comments on Section 2: Meal and Snack Foods and Beverages

Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.

Section 3: Food Environment and Feeding Practices

Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.

3.1 Staff eat or drink unhealthy foods (i.e., sweets, soda, chips) in front of students.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

3.2 Does your site serve meals or snacks?

- Yes *Go to Q3.3*
- No *Skip to Q3.7*

3.3 When students request seconds, staff ask them if they are still hungry before serving more food.

- N/A: Seconds are not allowed or not available
- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

3.4 Staff require that students sit at the table until they clean their plates.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

3.5 Students help prepare their own meals or snacks.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

3.6 During meals or snacks, staff talk with students about trying and enjoying healthy food.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

3.7 Celebrations and events that include food consist of mostly healthy food, like fruits and vegetables.

- N/A: No celebrations or events with food
- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

3.8 Beverages served to students for parties and celebrations include:

Mark all that apply.

- N/A: No celebrations or events with beverages
- Plain, unflavored water (carbonated or non-carbonated)
- Unflavored low-fat (1%) or non-fat milk
- Unflavored whole or reduced fat (2%) milk
- Flavored (e.g., chocolate or strawberry) non-fat milk
- Flavored (e.g., chocolate or strawberry) whole, low-fat, or reduced fat milk
- Unsweetened non-dairy milk alternatives (e.g. plant-based milks) that meet nutrient standards for fluid milk substitutes
- Sweetened non-dairy milk alternatives (e.g. plant-based milks) that meet nutrient standards for fluid milk substitutes
- Sweetened or unsweetened non-dairy milk alternatives (e.g. plant-based milks) that do NOT meet nutrient standards for fluid milk substitutes
- 100% fruit or vegetable juices (full strength or diluted with water)
- Sugary drinks (e.g., regular soda, fruit punch, lemonade, aguas frescas, sweet tea)
- Diet drinks (e.g., diet soda, light tea)
- Other (specify):

3.9 Foods or beverages are used to encourage positive behavior or withheld to punish negative behavior.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

3.10 Have any of the policies or practices in Section 3 been impacted by health or safety emergencies?

- No
- Yes *Please describe:* _____

3.11 Comments on Section 3: Food Environment and Feeding Practices

Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.

Section 4: Gardens and Nutrition Education

Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.

4.1 During the last year, did your program have access to an onsite or (offsite) community garden, used and maintained for growing fruits and vegetables? *Select the best option.*

- Yes, we had access to an edible garden or planter that was in use and maintained for growing fruits or vegetables *Go to Q4.2*
 - No, the garden (or planter) was not being used to grow fruits or vegetables last year
 - No garden access
- } Skip to Q4.7*

4.2 In the last year, which months was the garden actively growing fruits and/or vegetables? *Mark all that apply.*

- | | | | |
|-----------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> July | <input type="checkbox"/> August | <input type="checkbox"/> September | <input type="checkbox"/> October |
| <input type="checkbox"/> November | <input type="checkbox"/> December | <input type="checkbox"/> January | <input type="checkbox"/> February |
| <input type="checkbox"/> March | <input type="checkbox"/> April | <input type="checkbox"/> May | <input type="checkbox"/> June |

When answering 4.3 to 4.6, think about the months the garden was actively growing fruits and/or vegetables in the last year.

4.3 When nutrition education is offered the garden is incorporated:

Nutrition education refers to formal curriculum-based lessons.

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never or no nutrition education is offered

4.4 Students tend to the garden.

"Tend to the garden" includes preparation for planting, weeding, watering, harvesting, etc.

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never

4.5 Produce from the garden is distributed to families.

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never

4.6 Produce from the garden is used in meals or snacks.

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never

4.7 Staff participate in nutrition training opportunities, not including training on food safety/handling and food allergies.

- More than 1 time per year
- 1 time per year
- Less than 1 time per year

When answering 4.8 and 4.9, nutrition education refers to formal curriculum-based lessons.

4.8 Nutrition education is provided to students through an evidence-based curriculum. *“Evidence-based curriculum” refers to lesson(s) that have been tested and shown effective at improving nutrition behaviors and other related factors, such as knowledge and attitude around nutrition.*

- 1 time per week or more
- 2-3 times per month
- 1 time per month
- Less than 1 time per month
- Never

4.9 Nutrition education includes the following participatory/hands-on activities:

- Taste tests
- Food preparation/cooking
- Gardening
- Games
- Field trips
- Experiments
- None
- Other: _____

4.10 Have any of the policies or practices in Section 4 been impacted by health or safety emergencies?

- No
- Yes *Please describe:* _____

4.11 Comments on Section 4: Gardens and Nutrition Education

Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.

Section 5: Physical Activity and Entertainment Screen Time

Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.

When answering 5.1 to 5.3, select the set of response options that makes most sense for the structure of your program. For example, if your program has students separated into distinct clubs (e.g. a sport, art, theater), it may make more sense to answer based on the number of students rather than frequency.

5.1 Television, videos or any entertainment screens (personal or group) are on during meal or snack times. *Examples of “entertainment” screens include TV, computers, video or hand-held computer games, and tablets or smart phones that display leisure or recreational media. Do not include screen time used for educational or physical activity purposes.*

- | | | |
|---|-----------|---|
| <input type="radio"/> N/A: entertainment screen time is not offered | OR | <input type="radio"/> N/A: entertainment screen time is not offered |
| <input type="radio"/> Always (true more than 90% of the time) | | <input type="radio"/> All students (true for more than 90% of students) |
| <input type="radio"/> Usually (true 61-90% of the time) | | <input type="radio"/> Most students (true for 61-90% of students) |
| <input type="radio"/> Sometimes (true 41-60% of the time) | | <input type="radio"/> Some students (true for 41-60% of students) |
| <input type="radio"/> Not usually (true 11-40% of the time) | | <input type="radio"/> Few students (true for 11-40% of students) |
| <input type="radio"/> Never (true 10% or less of the time) | | <input type="radio"/> No students (true for 10% or fewer students) |

5.2 When entertainment screen time is offered, physically active alternatives are provided.

Examples of “entertainment” screens include TV, computers, video or hand-held computer games, and tablets or smart phones that display leisure or recreational media. Do not include screen time used for educational or physical activity purposes.

- | | | |
|---|-----------|---|
| <input type="radio"/> N/A: entertainment screen time is not offered | OR | <input type="radio"/> N/A: entertainment screen time is not offered |
| <input type="radio"/> Always (true more than 90% of the time) | | <input type="radio"/> All students (true for more than 90% of students) |
| <input type="radio"/> Usually (true 61-90% of the time) | | <input type="radio"/> Most students (true for 61-90% of students) |
| <input type="radio"/> Sometimes (true 41-60% of the time) | | <input type="radio"/> Some students (true for 41-60% of students) |
| <input type="radio"/> Not usually (true 11-40% of the time) | | <input type="radio"/> Few students (true for 11-40% of students) |
| <input type="radio"/> Never (true 10% or less of the time) | | <input type="radio"/> No students (true for 10% or fewer students) |

5.3 Opportunities for physical activity are provided after every 60 minutes of sedentary activity or more frequently.

- | | | |
|---|-----------|---|
| <input type="radio"/> Always (true more than 90% of the time) | OR | <input type="radio"/> All students (true for more than 90% of students) |
| <input type="radio"/> Usually (true 61-90% of the time) | | <input type="radio"/> Most students (true for 61-90% of students) |
| <input type="radio"/> Sometimes (true 41-60% of the time) | | <input type="radio"/> Some students (true for 41-60% of students) |
| <input type="radio"/> Not usually (true 11-40% of the time) | | <input type="radio"/> Few students (true for 11-40% of students) |
| <input type="radio"/> Never (true 10% or less of the time) | | <input type="radio"/> No students (true for 10% or fewer students) |

5.4 Physical activity is provided:

Physical activity is movement that gets the heart rate up. Examples of physical activity include walking, running, biking, playing active games like tag, playing sports, dancing, hula hoop, etc.

- More than 60 minutes per day
- 30-60 minutes per day
- Less than 30 minutes per day

5.5 Staff participate in active games with the students.

- More than 60 minutes per day
- 30-60 minutes per day
- Less than 30 minutes per day

5.6 Activity breaks or other opportunities for physical activity are withheld from students when they misbehave.

- Always (true more than 90% of the time)
- Usually (true 61-90% of the time)
- Sometimes (true 41-60% of the time)
- Not usually (true 11-40% of the time)
- Never (true 10% or less of the time)

5.7 When weather and air quality permit, outdoor play is provided:

- 1 time per day or more
- 2-4 times per week
- 1 time per week
- Less than 1 time per week
- Never

5.8 When circumstances prohibit outside play, indoor active play is available.

- 1 time per day or more
- 2-4 times per week
- 1 time per week
- Less than 1 time per week
- Never

5.9 Television, video, and other entertainment screens (personal or group) are turned on for:

Examples of “entertainment” screens include TV, computers, video or hand-held computer games, and tablets or smart phones that display leisure or recreational media. Do not include screen time used for educational or physical activity purposes.

- N/A: entertainment screen time is not offered
- More than 30 minutes per day
- 30 minutes or less per day
- Rarely or never

5.10 Physical activity education (motor skill development) is provided for students through an evidence-based curriculum. *“Evidence-based curriculum” refers to lesson(s) that have been tested and shown effective at improving physical activity behaviors and other related factors, such as knowledge and attitude around physical activity.*

- 1 time per day or more
- 3-4 times per week
- 1-2 times per week
- Less than 1 time per week
- Never

5.11 Sufficient and age-appropriate portable play equipment (jump ropes, balls, hula hoops) is present.

- Yes
- No

5.12 Sufficient and age-appropriate fixed play equipment (jungle gyms, monkey bars, stencils, playground markings) is present.

- Yes
- No

5.13 Bike racks for student use are:

- Present and adequate in number and condition
- Present but inadequate in number and condition
- Unavailable at our site

5.14 Staff participate in training that supports students being physically active (include training for CATCH and other physical activity curricula).

- More than 1 time per year
- 1 time per year
- Less than 1 time per year

5.15 Have any of the policies or practices in Section 5 been impacted by health or safety emergencies?

- No
- Yes *Please describe:* _____

5.16 Comments on Section 5: Physical Activity and Entertainment Screen Time

Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.

Section 6: Parent/Family Involvement

Unless otherwise specified, refer to practices in place currently. Do NOT include practices that are planned and not yet implemented.

6.1 Parents and families help develop or implement policies and programs related to wellness.

- More than 1 time per year
- 1 time per year
- Less than 1 time per year

6.2 The program refers parents and families to community-based nutrition and physical activity services and programs by:

Mark all that apply.

- Active referrals (such as outreach from a family resource staff member)
- Materials provided (such as program information or brochures displayed or available on-site)
- None of the above

6.3 The following nutrition education is offered to parents or family members at least once a year:

Mark all that apply.

- Opportunities with active participant engagement (e.g., live nutrition lessons offered in-person or online; interactive activities that engage participants such as through cooking, taste testing, or goal setting)
- Opportunities without active participant engagement (e.g., printed or digital recipes or other materials, pre-recorded demonstrations or nutrition lessons, social media posts, non-interactive demonstrations)
- Other: _____
- None

6.4 The following physical activity education is offered to parents or family members at least once a year: *Mark all that apply.*

- Opportunities with active participant engagement (e.g., live physical activity lessons offered in-person or online; interactive activities that engage participants such as through games, activities, or goal setting)
- Opportunities without active participant engagement (e.g., printed or digital activity instructions or other materials, pre-recorded demonstrations or lessons, social media posts, non-interactive demonstrations)
- Other: _____
- None

6.5 The nutritional content of foods and beverages served to students is made available to families (sent home to parents or posted online).

- N/A: Foods and beverages are not served
- Yes
- No

6.6 Easy-to-understand information about wellness policies are distributed to all parents at least annually.

- N/A: No written wellness policies
- Yes
- No

6.7 Guidelines for food or beverages brought in for holidays or celebrations are provided to parents at least once a year.

- N/A: No holidays or celebrations with food or beverage
- Yes
- No

6.8 Health promotion messaging, such as signage promoting healthy eating, water consumption, or physical activity, is present and visible for students, staff, and families.

- Yes
- No

6.9 Have any of the policies or practices in Section 6 been impacted by health or safety emergencies?

- No
- Yes *Please describe:* _____

6.10 Comments on Section 6: Parent/Family Involvement

Add any notes or observations, such as a description of something asked in a question or additional practices that are not measured on this questionnaire.

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