**Healthy Homes, Healthy Futures**

*Collaborative Home Assessment Checklist*

Number of people residing in the home: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sex and ages of residents:

How many of these residents eat meals together at one time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Type of residence (e.g. apartment complex, free standing home): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Location & Description of Sleeping Area (include cleanliness, evidence of pests/rodents, number of residents sleeping in the area, sleeping furniture, etc.):*

Location & Description of Eating Area (include cleanliness, evidence of pests/rodents, presence of a television, etc.):

|  |  |  |  |
| --- | --- | --- | --- |
| **Living Room** | Yes | No | Comments |
| Rules for TV time |  |  |  |
| Television |  |  |  |
| Video Game Consoles |  |  |  |
| DVDs |  |  |  |
| Computer |  |  |  |
| Cable TV-Basic/Premium plan |  |  |  |
| **Kitchen Resources** |  |  |  |
| Refrigerator |  |  |  |
| Oven/Stove |  |  |  |
| Microwave |  |  |  |
| Dining Table |  |  |  |
| Adequate Food Storage Space |  |  |  |
| Pots & Pans |  |  |  |
| Plates + Size |  |  |  |
| Bowls |  |  |  |
| Cups + Size |  |  |  |
| Cooking Utensils |  |  |  |
| Eating Utensils |  |  |  |
| *Working Fire Extinguisher* |  |  |  |
| *Working Smoke Detector* |  |  |  |
| *Trashcan Covered with lid* |  |  |  |
| *Bug Control* |  |  |  |
| Cooking Oil |  |  |  |
|  |  |  |  |
| **Kitchen Food** |  |  |  |
| Visible Fruit |  |  |  |
| Visible Vegetables |  |  |  |
| Meat, Poultry, or Fish |  |  |  |
| Prepared Meals (e.g Hamburger Helper, Frozen Pizzas, Burritos, etc) |  |  |  |
| Nuts or Seeds (including butters) |  |  |  |
| Milk |  |  |  |
| Cheese |  |  |  |
| Yogurt |  |  |  |
| Bread (including rolls, English muffins, etc) |  |  |  |
| Pasta |  |  |  |
| Soda |  |  |  |
| Juice or other sugary beverages |  |  |  |
| Sugary or High Fat Snacks |  |  |  |
| Sweets or Baked Goods |  |  |  |
| Fast Food or Carryout |  |  |  |
|  |  |  |  |
| **Refrigerator** |  |  |  |
| Functioning Refrigerator |  |  |  |
| Lowfat milk(2% or less) |  |  |  |
| Plastic Water Bottles(save money by switching to getting filter for tap water) |  |  |  |
| Condiments: |  |  |  |
| Fruits(+Frozen) |  |  |  |
| Vegetables(+Frozen) |  |  |  |
|  |  |  |  |
| **Pantry(Food Storage)** |  |  |  |
| Dried Cereal: |  |  |  |
| Grains: |  |  |  |
| Processed Foods: |  |  |  |
| Able to read 1 food label |  |  |  |
|  |  |  |  |
| **Dining Room(Space to eat together)** |  |  |  |
| Table to eat together |  |  |  |
| Distance from TV |  |  |  |
| TV on during meals |  |  |  |
|  |  |  |  |
| **Children Bedroom** |  |  |  |
| Television |  |  |  |
| Access to Books |  |  |  |
| Children Bedroom |  |  |  |
| Eating in Bedroom |  |  |  |
| Hidden food in bedroom |  |  |  |
|  |  |  |  |
| **Bathroom** |  |  |  |
| *Fluoride toothpaste* |  |  |  |
| *Toilet Condition* |  |  |  |
| *Shower/Tub Condition* |  |  |  |
|  |  |  |  |
| **Miscellaneous** |  |  |  |
| Hidden Foods/Snacks |  |  |  |
| Exercise Equipment |  |  |  |
| Adequate space for Physical Activity in house |  |  |  |
| Distance to nearest gym/rec center |  |  |  |
| Distance to nearest park |  |  |  |
| *Hot Water Heater to 120 to prevent burns* |  |  |  |
|  |  |  |  |
| ***Family’s Perception of Neighborhood*** |  |  |  |
| *Safe sidewalks or trails for walking* |  |  |  |
| *Children Encouraged to play outdoors* |  |  |  |
| *Distance from nearest public transportation* |  |  |  |