

## Appendix One

### Free Healthy School Meals Children's (FHSM) Evaluation

- 1 The evaluation framework for the FHSM programme set out a number of aims.
- 2 These aims were supported by an agreed methodology and outcome measures.
- 3 As part of the methodology it was determined to carry out a snapshot of views from among others, the children.
- 4 As part of the evaluation, we were looking for changed attitudes to food and nutrition by children, as well as positive child feedback on the impact of the FHSM programme on children's eating habits.
- 5 We were also looking at an increase in take up and consumption of school lunches.
- 6 There were 250 year one (school year 2011/12) children surveyed from seven schools, of these 235 children had a school lunch.
- 7 The children were asked to rate the lunch, 78% rated the meal as good or very good. 10% rated the meal as bad or very bad.
- 8 62% of children confirmed, that they had been encouraged to try different foods at school.
- 9 75% of children confirmed that they eat different food at school than at home.
- 10 As part of the survey, food likes and dislikes were recorded, as this cohort of children go through the school, this will present an opportunity to measure the children's changes in attitude to types of food.
- 11 At this stage, it might be reasonable to assume, that as more children take up the opportunity to have a school lunch and with the schools encouraging them to try new foods, that the learning around healthy options, may 'stick' as they get older.
- 12 Though the most popular food item was chips at 71% it is encouraging that fruit at 50% and salad 34% were also recorded as favourite foods.