

Appendix One

Free Healthy School Meals (FHSM) Children's & Parents Survey Outcomes

Children's outcomes

- 1 The evaluation framework for the FHSM programme set out a number of aims.
- 2 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.
- 3 There were 206 year two (school year 2012/13) children surveyed, of these 191 children had a school lunch (93%).
- 4 The children were asked to rate the lunch, 74% rated the meal as good or very good. 10% rated the meal as bad or very bad.
- 5 59% of children confirmed, that they had been encouraged to try new foods at school.
- 6 74% of children confirmed that they eat different food at school than at home.
- 7 As part of the survey, food likes and dislikes were recorded, as this group of children continue through the school, this continues to present opportunities to measure children's changes in attitude to types of food.
- 8 The most popular food item again this year was chips at 62%, this is however, a drop from 72% last year. It is noted that burgers as a favourite food has also dropped from 47% to 32% and vegetables as an unpopular food has dropped from 52% to 48%.

Parent's views

1. Parents are saving money
2. One parent purchased a kids cook book to learn how to make new recipes with the kids at home and get kids doing more cooking at home as they are interested in cooking
3. Parents have tried to replicate some of the meals served in school at home such as spaghetti bolognese.
4. One child has started trying a new vegetable.
5. Parents are pleased that they are saving money.
6. Child has asked parent for food cooked at school.
7. Child not as fussy eater as before.

8. FHSM seem to be nutritious, have a variety of foods and portions sizes seem to be good
9. Parents stated they had good routines at home such as breakfast, after-school activities and dinner and bedtimes and as a result their children are quite calm and contented.
10. Parents commented on how nice the children said the puddings were.