

Packed Lunch Survey – Autumn 2018

Summary

141 responses received for this survey when we had 656 pupils on roll at the time of publishing.

Q1: Does your child take a packed lunch to school?



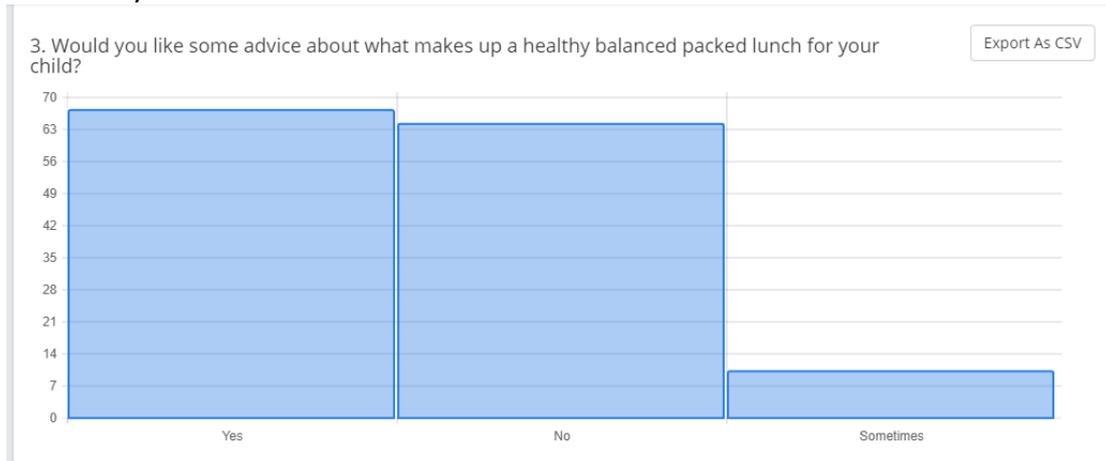
Responses	
Yes	55
No	67
Sometimes	19

Q2: If Your child takes a packed lunch to school, please explain why:

- They don't like school dinners
- My child is a fussy eater
- Because their friends have packed lunch and they want to eat with them
- They like to help prepare their packed lunch and we can monitor what they eat
- My child has food allergies and consequently fussy about what he eats, so I can see what he eats by giving him lunch from home
- Our children are not accustomed to the items on the current menu, most of the recipes are too exotic
- Food allergies
- They don't like all the options on the menu. I'd prefer them to eat school dinners (especially in colder months) but there are some dishes they really dislike. The school dinner choices often run out, so if the year group is last to go quite often they don't have a choice of meals and are given small portions
- It's cheaper, my children only have school meals on Fridays because they like fish and chips
- My child hates school dinners and throws them in the bin when the dinner ladies aren't looking

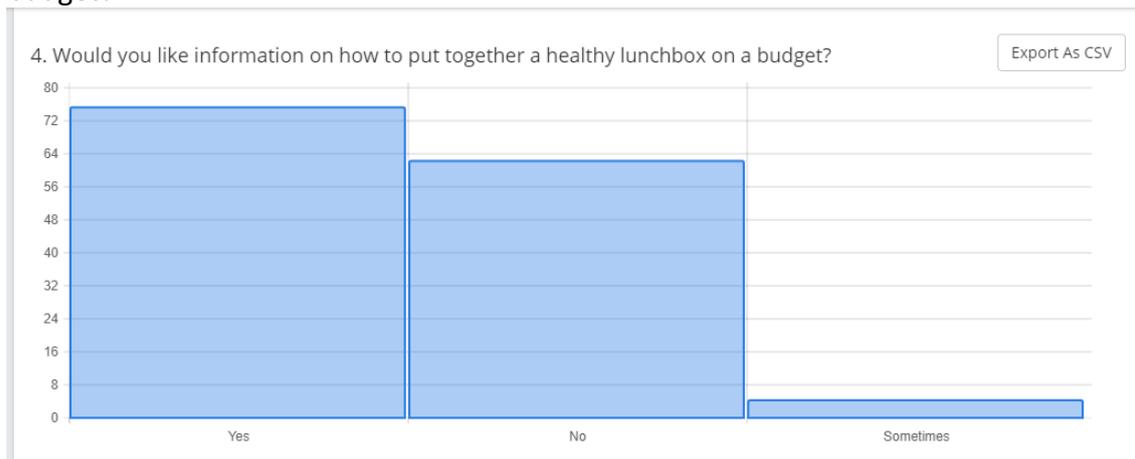
- My child doesn't find the vegetarian options attractive
- Not happy with the lunches on offer all week, may like 3 out of 5 days. Would be good if you could combine school meals and packed lunches
- It's cheaper and healthier
- Sometimes we can't afford school meals as we also have children in high school. Cheaper to make packed lunch
- Because I don't think my child eats enough as it's not monitored in the canteen

Q3: Would you like some advice about what makes up a healthy balanced packed lunch for your child?



Responses	
Yes	67
No	64
Sometimes	10

Q4: Would you like information on how to put together a healthy lunch box on a budget?



Responses	
Yes	75
No	62
Sometimes	4

Q5: Would you like recipes for foods/ snacks to make to include in packed lunches?



Responses	
Yes	84
No	48
Sometimes	9

Q6: Do you think that some types of foods (for example, crisps, sweets, fizzy drinks) should be discouraged or not allowed in packed lunches?



Responses	
Yes	107
No	22
Sometimes	12

Q7: If yes, which type of foods should be discouraged or not allowed in packed lunches:

- Crisps
- Sweets
- Fizzy drinks & Juices
- Chocolate
- Biscuits & Cereal bars
- I think fizzy drinks should not be allowed, but crisps and sweets are ambiguous as some are worst than others and if children that have school dinners get a pudding, then why can't packed lunch children? Maybe you could allow biscuits – I understand it's a hard position to be in
- Crisps I think are fine, the children should have something to look forward to in their packed lunch
- Any junk food – maybe it can be replaced with an energy bar

Q8: Do you have any concerns if we were to introduce a packed lunch policy which bans sweets, fizzy drinks and crisps? If so, what are they?

- I think it would be a good idea for children to only eat healthy during school hours
- I'm all for children eating healthy and not having too much sugar in their lunches, my only concern is banning crisps because I think are ok and not incredibly harmful for their teeth where as sweets and fizzy drinks are
- There are healthy crisp options, so I don't think crisps should be discouraged or not allowed.
- Only that some children may not be provided with anything as some parents can't or won't abide, although this could easily be changed by moving the children to school lunches
- Only if sweets are also restricted by the caterer
- A policy would be a great idea, but how would you make sure everyone followed it?
- No problem with banning sweets and fizzy drinks, but crisps should be ok

Q9: Any other suggestions/ requests regarding packed lunches?

- If certain foods are going to be banned this should be done gradually, so children can get used to the change
- A definitive list would be good of items not allowed i.e haribos or mini cakes especially if you are serving cake to children who have school dinners
- Most unhealthy foods come in packaging which is bad for the environment. Implementing a healthy packed lunch rule could also help promote a better attitude to waste and the environment.
- Slightly salted popcorn or baked crisps should be allowed
- An option to heat packed lunches would be good, this is the main reason we prefer school lunch as some packed lunch meals cannot be eaten cold
- Kids should be monitored on not only eating well, but eating enough. My son comes home with his packed lunch full which means he hasn't eaten
- Perhaps reward stickers for healthy packed lunches to encourage families into making healthier choices

- The school can provide guidance on healthy eating, but should leave it to the parents to balance their child's diet across the week
- Maybe allow a treat in packed lunches on Fridays
- Make sure children do not share their lunches, because of the different allergies around nowadays
- A better understanding of a balanced diet is needed – everything in moderation
- My child mentioned that packed lunch children sit separate from those having school dinners. I think they should be able to sit with whoever as this is often the reason my child wants to have a packed lunch instead of school dinners
- Packed lunch is good, but I think all should be encouraged to eat the same food like school lunch