

Packed Lunches – Parent survey

Please feel free to remain anonymous and we invite you to drop your response in at the reception drop box or post back to us.

Name: _____ (optional)

Name of your child/children: _____ (optional)

Class: _____ (optional)

1. Does your child/children take a packed lunch (tick one)

Yes No Sometimes

2. If your child/children take a packed lunch could you please explain why?

3. How important do you think it is for children to eat a healthy balanced meal at lunchtimes? (please circle/dot on the scale)

Very important Not important

|_____|_____|_____|_____|

4. Do you know what a healthy balanced packed lunch looks like?

Yes No Don't know Maybe

5. Do you agree that a healthy school lunch can help your child/children to learn?

Yes No Don't know Maybe

6. Would advice or information provided by school encourage you to change what you put your child/children's packed lunch?

Yes No Don't know Maybe

7. Are you aware of any restrictions for packed lunches in this school? i.e. are there any foods that are not allowed in packed lunches.

Yes No Don't know Maybe

If yes, can you name any of these food items _____

8. Do you think that schools should have a packed lunch policy that has the same restrictions as the school food standards*?

Yes No Don't know Maybe

*These are the mandatory standards that apply to food served by school to ensure it is healthy and nutritious. The standards promote a healthy school lunch and restrict some foods like chocolate bars and fizzy drinks.

9. Do you think that other schools in our area should have a similar packed lunch?

Yes No Don't know Maybe

10. How often do you think the following foods should be allowed in packed lunches? (tick one box for each type of food)

| | Always | Often | Sometimes | 1 day a week | Never |
|---|--------|-------|-----------|--------------|-------|
| Crisps | | | | | |
| Confectionary (e.g. sweets and chocolate) | | | | | |
| Fizzy drinks /sugary drinks /drinks that can cause tooth damage | | | | | |
| Cakes and biscuits | | | | | |
| Fruit and vegetables | | | | | |
| A source of carbohydrate (e.g. bread, pasta) | | | | | |
| A source of dairy food (e.g. milk or yoghurt) | | | | | |
| A source of protein (e.g. meat, fish, eggs) | | | | | |

11. Would you or your family like some ideas and suggestions for affordable healthy packed lunches?

Yes No Don't know Maybe

12. Would you come to a parents meeting to find out more about healthy packed lunches?

Yes No Don't know Maybe

Thank you for taking the time to complete this questionnaire.