

LIS PTA SCHOOL SNACKS AND LUNCH SURVEY FORM – RESULTS

SUMMARY OF RESULTS

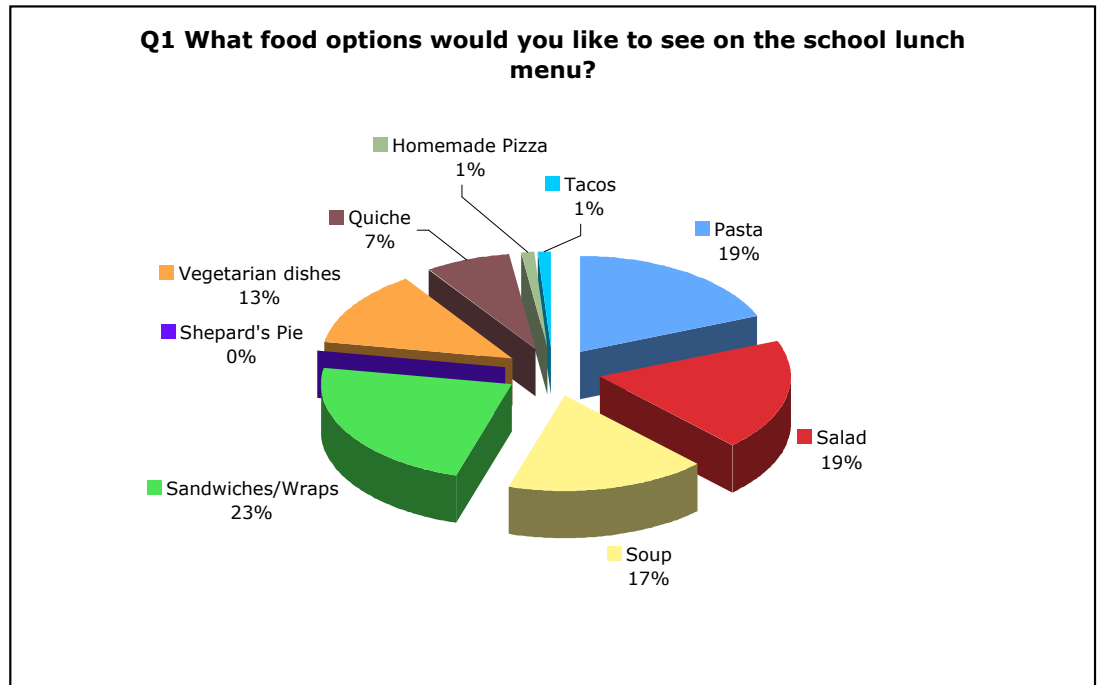
We received 30 completed survey forms, a slightly disappointing response when there are 172 families at LIS. When parents were asked why they did not complete the form, most replied because they did not use the tuck shop or the lunch service. However from the feedback we have received, this does not mean they wouldn't use the tuck shop or order school lunches if healthier options were made available. To summarise from the responses we did receive there does appear to be a need for healthier lunches at school and healthier drinks and snacks at the tuck shop. Please read the responses to each question below denoted in RED.

As you may probably be aware, the LIS PTA has been trying to promote healthier eating options throughout the school for the last six months because of feedback we have been receiving from parents and teachers. We would now like to know what the students and parents feel about the current food options and what they would like to see on the lunch menu and Tuck shop. Please allow us just 5 minutes of your valuable time to answer a few questions.

Please circle your answer/add your comments, then email the form back to mandplant@yahoo.com or, drop it into the front office.

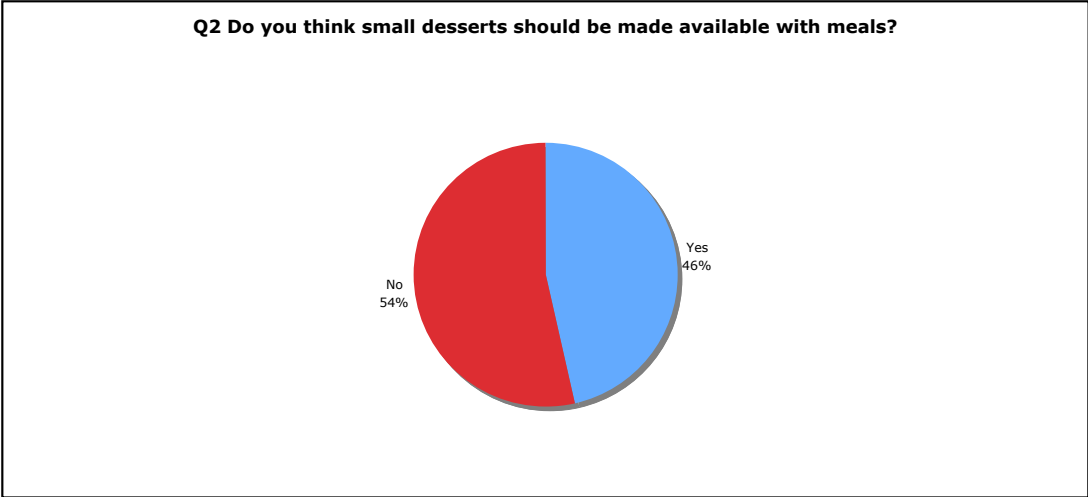
1. What alternative food options would you like to see on the school lunchtime menu?
 - Pasta Dishes (hot/cold) 18
 - Salads (Chicken Caesar, Cobb Salad) 18
 - Homemade soups 16
 - Sandwiches/Wraps 22
 - Shepard's Pie 0
 - Vegetarian dishes 12
 - Suggestions- Quiche 7 Homemade pizza 1 Tacos 1
 - WRITTEN COMMENTS:
 - All natural sandwiches, whole-wheat bread etc.
 - As it stands right now, I think the lunches are really good and that we don't need many more options.
 - Gluten free food – no wheat.
 - Quiches too.
 - Try to stay away from pork and ground meats as the nutritional value has been compromised in the grinding process and has already began to decay or become rotten. Our bodies do not accept pork and find it hard to digest.
 - Quite happy with the cook's meals – she does veggie and pasta.
 - Toasted sandwiches.
 - Homemade whole-wheat pizza with vegetable sauce.

- Tacos.
- Carrots, cucumbers, red & yellow pepper with low fat ranch dressing for dipping sauce.
- Satisfied with all other options.
- I think that maybe the school should order some lunches from Subway like they order pizzas from Dominos.



2. Do you think small desserts should be made available with meals?

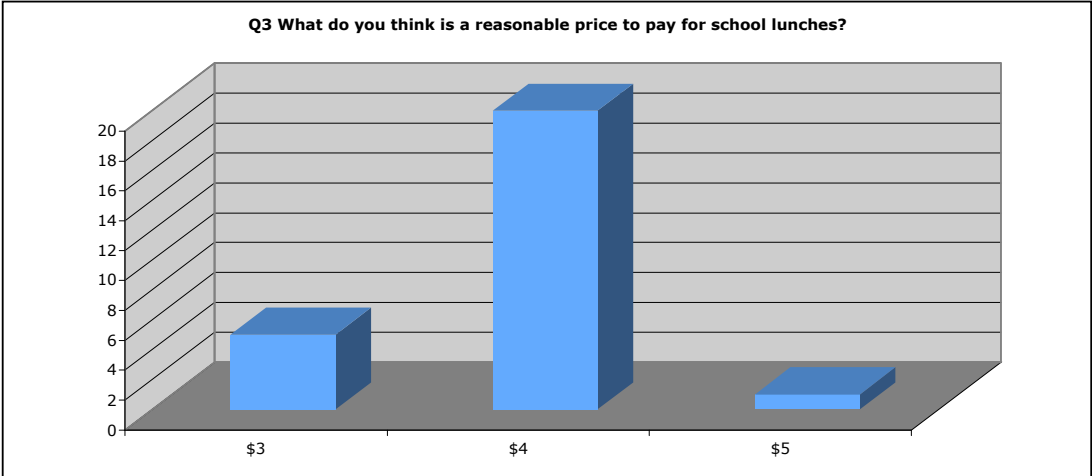
- Yes 13
- No 15 No Comment 2
- Suggestions-----
- Fruit/healthy cookie, puddings, fruit cups
- Desserts are not necessary.
- Maybe – only healthy ones.
- Banana, dry fruits.
- Depends on what – Homemade muffins or cookies are ok.
- Fruit or pudding or Jell-O.
- Jell-O, ice cream, Sorbet.
- Granola bars, flapjacks, yogurts, fruit.
- Fruits.
- Not needed as kids are overloaded with sugar anyway.
- Fruit is available.
- Brownies, mandarin oranges, cupcakes, yogurt.
- Yogurt.
- Fruit – it is already.



3. What do you think is a reasonable amount to pay for school lunches?

- Primary \$3 \$4 \$5 Other-----
- High School \$4 \$5 \$6 Other-----

\$3 - 5
 \$4 – 20
 \$5 – 1 as long as it is real food and it is actually feeding our kids rather than filling the stomach.
 ? – 4
 Depends how much you’re getting/what it is – all of the above are fair depending.
 I like the small and large prices presently offered.
 Primary - Sandwich \$3/Hot dish \$4
 High School – Sandwich \$4/ Hot dish \$5
 Primary \$3.50 sandwich/soups
 High School \$4.50 hot lunch/salad



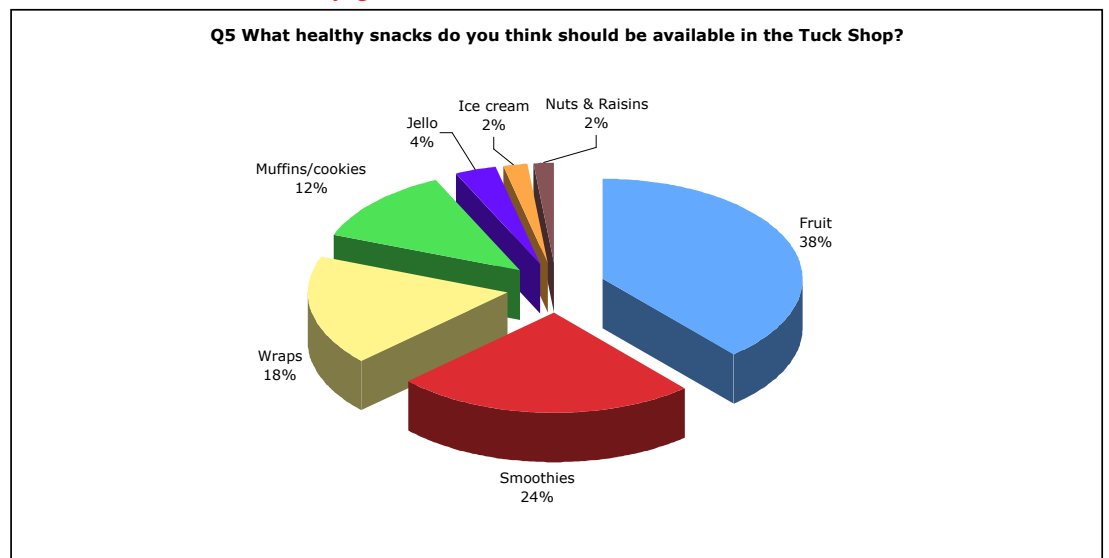
4. Are current portion sizes adequate?

- Yes 20
- No
- If no, too small/too big -----
- Don't know 9

- We do not use the current lunch service.
- Too big for smaller kids – not cost effective.

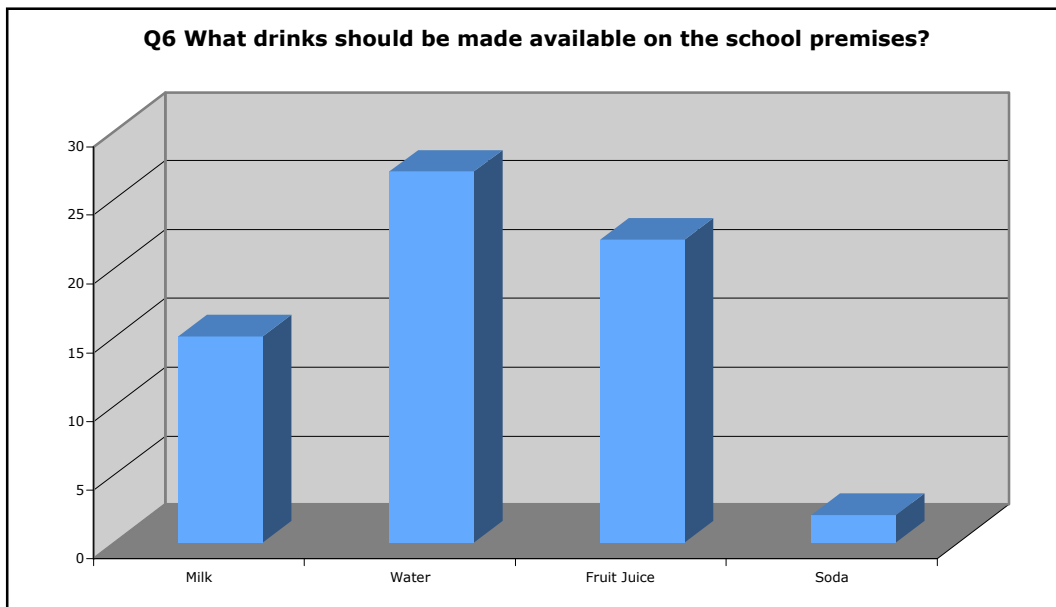
5. What healthy snacks do you think should be made available in the Tuck Shop?

- Fruit 22
- Smoothies 14
- Wraps 10
- Suggestions - Muffins/cookies 7 Jell-o 2 Ice cream 1 Nuts and Raisins 1
- Non-perishable healthy items such as granola bars.
- Granola, raisins.
- NO PEANUTS, almonds, walnuts, pecans, cashews, with raisins
- Fruit, smoothies, veggies.
- Dry fruits, small chocolate bar type kit kat.
- Granola bars, yogurt, bananas, apples with peanut butter, parfaits (yogurt, fruit, granola).
- Trails mix of nuts, raisins and seeds. Homemade granola bars. Yogurts, fruit gars, not fat fudge bars, dark chocolate covered pretzels, raisins, nuts. Cheese sticks, crackers assortment, smoked salmon rolls with cream cheese.
- But would (fruit) go off?
- Granola bars, juices.
- Yogurt, little flavoured milks, cheese, healthy cookies (oatmeal etc) healthy muffins (carrot, bran, banana).
- Fruit would be nice but would hate to see it go to waste. Homemade breads and muffins. Unsold items could be stored in the freezer to prolong the shelf life.
- No junk food. Certainly shouldn't sell junk with high fat, sugar, additives, and 2 colours. Too many hyperactive kids in classrooms.
- Yogurt tubes – frozen.
- Good ideas but would they go bad?



6. What drinks do you think should be made available for sale on the school premises?

- Skimmed or Semi-skimmed milk 15
- Bottled Water 27
- Good Quality Fruit Juice 22
- Suggestions—Soda 2
- Better quality water. Tropicana apple juice.
- 2% or 1% milk. Good quality fruit juice – not from China.
- Absolutely NO SODAS for kids (they do not hydrate), replace with Gatorade.
- Ice tea, lemonade (low sugar) not a sugar substitute just lower sugar. Homemade limeade.
- I have no problem with soda being sold.
- All of the above – ONLY.
- Soda – high school. Vita malt.
- Fruit juice – 100% juice low sugar.



7. Do you order any school lunches at present?

- Yes – 9 How many? -----
- No – 21 if not why-----
- No, we eat healthy!
- No, because I pack my own lunch, but I hear the mixed veggies and tofu is wonderful.
- No, children need the best proteins and oils in their diet; these need special attention in preparation and procurement.
- No, don't like the selection of the other stuff and too big for my little son.
- No, gluten free required.
- No, my children like sandwiches.
- No, does not appear to be healthy in the preparation and final product.
- No, don't like the food choices, the lunches available are carb overloads or processed meats, with exception to tuna. French-fries a big No No. Kids do not need such heavy lunches.

- No, because it is my understanding that I have to order at the beginning of term for the entire term. Most times we do not know what we want to eat tomorrow let alone weeks later. I would order lunch for my daughter if I could order them on a week-to-week basis.
- No, too expensive and most not healthy.
- No, I try for them to eat as healthy as possible and food from home.
- No, because of what is offered. Not good enough. It is not food only fillers.
- No, we did at first. Kids hate it, too much grease and not good taste.
- No, didn't get my 'act together' (not any ideal choices).
- No, my child used to order lunches for a couple of years, but now prefers to bring lunch from home except on pizza day.
- No, too much junk – high fat food. Rubbish on menu.
- Pizza day, sometimes they buy just a portion of French fries.

8. Do you think the school lunches at present represent good value for money?

Comments please-----

- Don't know.
- No, it does not. I think the food is a bit too greasy and the spaghetti tastes strange.
- Yes, I think the lunches are well balanced and are of proper proportion size. The kids seem to enjoy them.
- I am unable to comment however it is most likely to be substandard in its content.
- Don't order so don't know.
- Yes.
- I have not ordered so I cannot comment.
- Yes, I know my child will eat it. It is a novelty for them to go and collect it. Better than having a half eaten lunch returned in his lunch box.
- Don't know.
- The options are not very healthy.
- It fills them up but does not feed them.
- No, and I think an international private school should offer better than that!!
- Yes, my child is satisfied with what he gets, so am I.
- Yes
- Don't know.
- Yes. Carol Nottage does a fabulous job providing hot lunches and variety on site in lieu of a school cafeteria. We have tried delivery from Pelican Bay and Subway, which were all good options, but it is difficult to find anyone willing to do it consistently and when the food is delivered to the children, ultimately it is cold.
- No, could be much much better in content. Drink with meal not necessary.
- Yes, More effort should be made to keep food hot. Food is usually cold by the time it is served.

- If they are good quality food.
- There should be less choice per day – no fried food e.g. chicken nuggets and fries.
- Its not the \$\$ but the fact that the lunches are COLD when the kids get them. Why can't we have microwaves at school?
- Yes, very satisfied.

9. Do your children use the Tuck Shop?

- Yes –15 What do they buy? -----
- No –14 if not why-----
- No, nothing good.
- No, because of the choices available – I don't want them eating any junk I haven't given to them.
- Yes, drinks and candy.
- Yes, kit kat once a week.
- No, Primary are put against it – children coming with money to school.
- No, I provide all their snacks, lunch and drinks.
- No, he would use for skittles or crisps, which we are against. That type of food should not be made available to a child on a daily basis.
- No, all junk.
- Yes, water, chips.
- No, because I think that she is too young to go to the tuck shop.
- No, my son is in Kindergarten and takes food from home.
- No, I do not encourage it due to lack of nutritious snacks.
- No, I haven't sent money with him, because he would definitely chose to drink soda and eat junk (Cheetos, Doritos etc)
- Yes, occasionally chips.
- No, because of what it offers – all junk.
- Yes, water.
- Yes, snacks, juices, water.
- Yes, chocolate cookies, crisps.
- Yes, chips, Now and Later.
- No, only sell junk.
- Yes, patties.
- No, Kindergarten.
- Yes, water, crisps.
- Yes, not often, candy mostly.
- Yes, water, chips.

10. Do you have any other comments or suggestions you may wish to make regarding healthy eating at school?

- Healthy food by a professional caterer.
- Order lunches from Subway.
- I think it is very important to provide students with opportunities to make healthy choices at school. I am quite pleased with the lunches that are provided, but I would like to see some healthier options in the tuck shop. I don't think it is a good idea to ban 'unhealthy' food

because it is not appropriate to deny children of that. The key here is having a good balance and teaching our children to make good choices.

- Healthy eating at school should reflect healthy eating habits from home. Children learn what they like; healthy food provides a rigorous source of energy. Carbohydrates in any form deter digestion and utilization of proteins, fats and oils. Salty, saucy and especially spicy foods deter digestion. Poor grades of proteins, fats and oils deter bone, muscle, nervous system development and often the ability of the central and autonomic nervous systems to stay in sync. Thinking is deterred with all of the above.
- I would like to see more involvement by the teachers or perhaps some older students who can make sure the kids actually sit down and eat, as opposed to wandering around eating or not eating their lunches at all.
- Fruit/ smoothies/ sandwiches /salads perishable – understand why they are not offered.
- I think all crisps and sweets (especially all those with colours in like Skittles) should be banned from school. All the junk food just makes children hyper at school, which makes it harder for everyone to deal with.
- The tuck shop products for sale should be reviewed for healthier alternative. We should not leave the option to young children for those sweet sugary or greasy snacks on a daily basis.
- Eliminate hot dogs, chicken nuggets, French fries and have sandwich and soups available daily. Move away from heavy carbs such as white rice pastas, and potatoes. Close or eliminate junk from tuck shop.
- It is essential for our kid's health!
- It would be a great idea that the no junk food day that was done last year, would be done once a month as a reminder to kids and moms to eat healthily.
- This is a tough job. It can be changed, and it will work. If we are persistent and use our resources, we can make a great change that will benefit our kids greatly.
- I wouldn't mind paying even more if options were better. Hire a person with healthy food in their mind.
- Really quite happy with the cooks meals. My son has a well-balanced lunch – vegs, mac cheese, spag bog with garlic bread, ribs, mashed potatoes juice and fruit. If tuck shop would sell fruit good idea – but would it be purchased or would it go off?
- Have a proper serving area for the lunches (with running water).
- Fantastic job sending this out! Give us a choice; if others want to eat unhealthy, that's fine – but allow those who want to buy healthy to be able to. We will definitely support (once a week or so) with things like yogurt, milks, toasted sandwiches etc. Could there be a system where one doesn't have to pre –order (e.g. the wraps/sandwiches) – blessing for a busy mom who suddenly discovers the fridge empty or shops out of stock!
- Well I admire the desire to offer other choices, it should be noted that without a cafeteria, it is VERY difficult to provide hot lunches on an ongoing basis. If parents, who are supposedly in charge of selecting

and paying for their child's lunch, are comfortable choosing from the offerings, then so be it. Whatever is provided at school should not only be the meal, so if a parent feels their child has come up short in some food group, then they can only supplement that at home or provide their own lunch.

- I feel passionately that our school needs to sort its food out. All the junk food is NOT helping our kids concentrate in classrooms and get high grades. Too many hyperactive kids in lessons. Discovery school on Island have a NO JUNK food policy and it is working well. My kids will be allowed to the tuck shop if it only sells healthy snacks and will order school meals if they improve.
- Make children more aware what's in the food they are eating, so move info to the children. Start teaching them at a young age and they will learn for life.
- I give my kids balanced diet – a little junk is good as long as it is in moderation. Deprive them of it and they will want more!

Thanking you in advance for you time and cooperation. It is much appreciated.

LIS PTA