

School Food Environment Review and Support Tool (School-FERST)

Consent Form and Questionnaire (School-FERST)

1. I agree to take part in this national study as described in the invitation letter and [participant information sheet](#): *

Yes

No

Consent Form

2. Name of School (this will enable us to give you individual feedback on your school's food policy and environment) *

3. School Location (this will enable us to provide you with feedback of your school's food environment compared with others in your decile and region) *

Suburb/Town

Postcode

4. Participant Signature:

Sign name using mouse or touch pad

Signature of

5. Please enter your email address so that we may send the results directly to your inbox: *

Page description:

Overview of School-FERST:

Part A - Policies and programmes implemented related to healthy food environments in schools

Part B - Foods and beverages provided and sold at schools

Part C - Other questions

If available, please have ready the following documents for upload:

1. School food and nutrition policy
2. School canteen/lunch order system menu from the last week
3. Inventory list for foods and beverages in vending machines

6. Please select school type: *

- Full Primary School
- Contributing Primary School
- Intermediate School
- Secondary School with Intermediate (Year 7-13)
- Secondary School without Intermediate (Year 9-13)
- Composite School

7. Please indicate who filled in the questionnaire:

(tick all that apply)

- Board/trustee member
- Senior management (Example: Principal, Deputy Principal, Dean, Head of Department)
- Teacher
- Administrative/Support Staff (Example: Receptionist, Teacher Aid, Librarian)
- Food Service Staff (Example: Canteen Manager, Canteen Staff)
- Health Service Staff (Example: School Nurse)
- Unpaid Volunteer (Example: Parent, Community Member)
- Other *(tick and specify)*

*

Part A: Food and Nutrition Policies and Programmes

8. Does your school have a written policy that relates to food and nutrition? Example: a formal policy set in conjunction with the Board of Trustees.

- Yes
- No
- Don't know

9. Please upload a copy of your school food and nutrition policy

Browse...

Upload

10. How is information about the school food and nutrition policy communicated with staff and students?

(tick all that apply)

- School website
- Staff meetings
- School assembly
- Information seminars/workshops
- Email
- Newsletters
- Other *(tick and specify)*

11. Has your school designated one or more persons to have operational responsibility for ensuring that food and nutrition policies are implemented/followed?

- Yes
- No
- Don't know

Part A: Food and Nutrition Policies and Programmes

12. Does your school participate in a breakfast/lunch/food programme? (*Programmes that provide food/beverages to students such as Fruit in Schools, Fonterra Milk in Schools, etc.*)

- Yes
- No
- Don't know

13. Which of the following programmes does your school participate in?

(tick all that apply and write the number of students participating in the programme in the box beside)

Fruit in Schools

Kick Start Breakfast (Sanitarium and Fonterra)

Fonterra Milk in Schools Programme

KidsCan Food for Schools

Kids Kai Time (Charitable Trust)

Other food programme *(tick and specify programme, including number of students participating)*

Other food programme *(tick and specify programme, including number of students participating)*

Other food programme *(tick and specify programme, including number of students participating)*

14. Does your school participate in a nutrition programme? *(such as Health Promoting Schools, Heart Start, etc.)*

- Yes
- No
- Don't know

15. Which of the following nutrition programmes does your school participate in?

(tick all that apply)

- Health Promoting Schools
- Garden 2 Table
- Enviroschools
- Fuelled4Life (The Heart Foundation)
- Heart Start / Heart Start Excellence (The Heart Foundation)
- Heart Schools (The Heart Foundation)
- Food for Thought nutrition education programme (The Heart Foundation, Foodstuffs)
- Other nutrition programme *(tick and specify programme)*
- Other nutrition programme *(tick and specify programme)*
- Other nutrition programme *(tick and specify programme)*

Part B: Foods and Beverages provided and sold at schools

16. How many water fountains/water coolers are located on school grounds and easily accessed by students?

- 1
- 2
- 3
- 4
- 5 or more

17. Does your school provide foods and/or beverages to students during the school day? Examples: classroom rewards, celebrations, sponsorship, etc.)

Do not include foods and/or beverages for **sale**

- Yes
- No

18. In which of the following ways does your school provide foods and beverages to students?

(tick all that apply)

- Breakfast Club (operated by school)
- Part of the schools regular food service for all students (cost included in school fees)
- Meals provided by the schools boarding house
- As a reward (classroom rewards for good behaviour)
- As part of a celebration (School Day, Athletics Day)
- As part of a sponsorship agreement (food and beverage vouchers for good performance)
- School events (School Camp, Leadership Camp)
- Other *(tick and specify)*

19. Types of foods and beverages provided

The following table aims to capture a snapshot of the various types of foods and beverages provided to students during the school day.

Please select if they are provided, and identify how often provided

Frequency of Provision				
Daily	At least once a week	At least once a month	Less than once a month	Do not provide

	week	month	month	month
Porridge, Oats, Muesli, Branflakes and Weet-bix (or other breakfast cereal without added sugar)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breakfast cereals with added sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water (plain, unflavoured)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flavoured and/or fortified water, sports drinks, energy drinks (Example: Mizone, Redbull, V and other such products)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plain (unflavoured) reduced fat/low fat milk (green, yellow or light blue top)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plain (unflavoured) full fat milk (blue or grey top)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flavoured milk and drinking yoghurt (Example: Up and Go, Primo, Calci-Yum, Milo and other such products)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable and/or Fruit juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar-sweetened beverages (fizzy drinks, cordial, juices with added sugar)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Artificially Sweetened Beverages (Example: Diet Pepsi, Coke Life and other such products)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk based snacks (unfrozen yoghurts, custards, creamed rice and other such products)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh, frozen, canned or pureed fruit (fruit tubs, fruit salads - do not include jelly with fruit)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh, frozen, canned or pureed vegetables (mixed-veg salads with grains - do not include hot chips and other deep fried vegetables)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soups (fresh, canned, pouched - excluding instant soup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 minute cup noodles, Instant soup (soups made from powdered mixes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta, Couscous (canned spaghetti, pasta with tomato-based sauce)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice, Noodles, Pork Buns (fried rice and noodles, curry and rice, chop suey, sushi)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese-topped dishes (lasagna toppers, cordon bleu toppers, macaroni and cheese, pizza, nachos, lasagna)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Filled rolls, sandwiches, wraps (pita bread, panini)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burgers, Burritos, Bagels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Hangi (traditional or cooked in a hangi cooker)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sausage sizzles, American hot dogs, garlic bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deep fried foods (hot chips, fries, wedges, fish and chips, corn dogs, spring rolls, chicken nuggets, fish fingers, samosas, hot dogs on a stick)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baked foods/Foods with pastry (pies, sausage rolls, quiche, croissants, cakes, iced/cream buns, slices, muffins, scones, cupcakes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn thins, wholegrain/rye/rice crackers, popcorn, crackers and cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet Snacks (biscuits, energy/muesli/breakfast bars, baked fruit bars, caramel popcorn, mini donuts, pancakes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chips packets (corn/potato/vege/banana, pre-packaged branded chips packets such as Twisties, Ready Salted and other such products)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate, lollies, marshmallows, other confectionery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried fruit and vegetables (dried apricots, fruit leather, raisins/dates)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nuts and Seeds (unsalted, no added sugar)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice creams, ice blocks, jellies (Moosies and other such products, ices, frozen juices, frozen yoghurts, gelato, jelly and fruit)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fast Food (Example: KFC, McDonalds, Domino's, Hells Pizza and other such retailers)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthier Fast Food (Example: Subway, Pita Pit and other such retailers)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Part B: Foods and Beverages provided and sold at schools

20. Are foods and/or beverages sold to students on school grounds during the school day?

Includes canteen/tuckshop, cafeteria, lunch order-in system and vending machines, etc.

- Yes
- No

21. Are foods and/or beverages sold to students through any of the following?

(tick all that apply)

- Canteen/tuckshop/cafeteria run by school
- Canteen/tuckshop/cafeteria not run by school
- Lunch order-in system (order placed by/on behalf of student and delivered to school). Please specify provider:
- Vending Machine (please list the number of vending machines accessible to students)
- Other sources *(tick and specify)*

22. Please select the type/s of lunch order-in system:

- Bakery
- Takeaway Shop
- Dairy
- Company (Example: EZLunch, Lunch Online and other such companies)
- Retailer (Example: Pita Pit, Subway and other such retailers)
- Other *(tick and specify)*

23. Please indicate which of the following is a major source of profit for the school (either directly or indirectly, for example: rent) from the sale of foods and beverages?

(tick all that apply)

- Canteen/tuckshop/cafeteria
- Lunch order-in system
- Vending Machine(s)
- Fundraising
- Sponsorship
- Special Events (Example: School Gala, Cultural Nights)
- Other source *(tick and specify)*

24. On what day(s) does the canteen/tuckshop and/or lunch order-in system operate?

(tick all that apply)

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

25. Who has input in the planning of the menu of the primary (main) school food service (canteen/tuckshop/cafeteria/lunch order-in system)?

(tick all that apply)

Senior Management

All staff

Board of Trustees

Students

Parents

Other *(tick and specify)*

26. Do you have a copy of your school canteen/lunch order system menu available for upload?

You may also take a photo of the school canteen/tuckshop menu and upload it as an image.

Yes

No

27. Please upload a copy of your school canteen/tuck shop and/or lunch order-in system menu for the last week:

Browse...

Upload

28. Do you have a copy of the inventory list for foods and beverages available in vending machines available for upload?

- Yes
- No

29. Please upload a copy of the inventory list for foods in vending machines:

Browse...

Upload

30. Types of foods and beverages sold:

The following table aims to capture a snapshot of the various types of foods and beverages sold to students during the school day, as well as the source from which they are distributed.

Please identify how often sold, and select the outlet(s) through which they are sold

	Frequency of Availability for <u>Sale</u>	Outlet(s) through which foods and beverages are sold				
		Canteen/ Tuckshop	Cafeteria	Lunch Order- in System	Vending Machine	Other
Porridge, Oats, Muesli, Branflakes and Weet-bix (or other breakfast cereals without added sugar)	<input type="text" value="Daily"/> <input type="text" value="At least once a week"/> <input type="text" value="At least once a month"/> <input type="text" value="Less than once a month"/> <input type="text" value="Do not sell"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="text" value="Daily"/>					

Breakfast cereals with added sugar	<input type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/>	<input type="checkbox"/>
Water (plain, unflavoured)	<input type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/>	<input type="checkbox"/>
Flavoured and/or fortified water, sports drinks, energy drinks (Example: Mizone, Powerade, Redbull, V and other such products)	<input type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/>	<input type="checkbox"/>
Plain (unflavoured) reduced fat/low fat milk (green, yellow or light blue top)	<input type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/>	<input type="checkbox"/>
Plain (unflavoured) full fat milk (blue or grey top)	<input type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/>	<input type="checkbox"/>
Flavoured milk and drinking yoghurt (Example: Up and Go, Primo, Calci-Yum, Milo and other such products)	<input type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/>	<input type="checkbox"/>

Vegetable and/or Fruit juice

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Sugar-sweetened beverages (fizzy drinks, cordial, juices with added sugar)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Artificially Sweetened Beverages (Example: Diet Pepsi, Coke Life and other such products)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Milk based snacks (unfrozen yoghurts, custards, creamed rice)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Fresh, frozen, canned or pureed fruit (fruit tubs, fruit salads - do not include jelly with fruit)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Fresh, frozen, canned or pureed vegetables (mixed-veg salads with grains - do not include hot chips and other deep fried vegetables)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Soups (fresh, canned, pouched - excluding instant soup)	<input type="checkbox"/> Do not sell <input checked="" type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
2 minute cup noodles, Instant soup (soups made from powdered mixes)	<input type="checkbox"/> Do not sell <input checked="" type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Pasta, couscous (canned spaghetti, pasta with tomato-based sauce)	<input type="checkbox"/> Do not sell <input checked="" type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Rice, Noodles, Pork Buns (sushi, fried rice, stir fry noodles, curry and rice, chop suey)	<input type="checkbox"/> Do not sell <input checked="" type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Cheese-topped dishes (lasagna topper, cordon bleu topper, macaroni and cheese, pizza, nachos, lasagna)	<input type="checkbox"/> Do not sell <input checked="" type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Filled rolls, sandwiches, wraps (pita bread, panini)	<input type="checkbox"/> Do not sell <input checked="" type="checkbox"/> Daily <input type="checkbox"/> At least once a week <input type="checkbox"/> At least once a month <input type="checkbox"/> Less than once a month <input type="checkbox"/> Do not sell	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

	<p>Less than once a month</p> <p>Do not sell</p>		
Burgers, Burritos, Bagels	<p>Daily</p> <p>At least once a week</p> <p>At least once a month</p> <p>Less than once a month</p> <p>Do not sell</p>	<input type="checkbox"/>	<input type="checkbox"/>
Hangi (traditional or cooked in a hangi cooker)	<p>Daily</p> <p>At least once a week</p> <p>At least once a month</p> <p>Less than once a month</p> <p>Do not sell</p>	<input type="checkbox"/>	<input type="checkbox"/>
Sausage sizzles, American hot dogs, garlic bread	<p>Daily</p> <p>At least once a week</p> <p>At least once a month</p> <p>Less than once a month</p> <p>Do not sell</p>	<input type="checkbox"/>	<input type="checkbox"/>
Deep fried foods (hot chips, corn dogs, spring rolls, chicken nuggets, fish fingers, samosas, hot dogs on a stick, fish and chips)	<p>Daily</p> <p>At least once a week</p> <p>At least once a month</p> <p>Less than once a month</p> <p>Do not sell</p>	<input type="checkbox"/>	<input type="checkbox"/>
Baked Foods/Foods with pastry (pies, sausage rolls, quiche, croissants, cakes, iced/cream buns, slices, muffins, scones, cupcakes)	<p>Daily</p> <p>At least once a week</p> <p>At least once a month</p> <p>Less than once a month</p> <p>Do not sell</p>	<input type="checkbox"/>	<input type="checkbox"/>
Corn thins, wholegrain/rye/rice crackers	<p>Daily</p> <p>At least once a week</p>		

Corn thins, wholegrain/rye/rice crackers, popcorn, crackers and cheese

At least once a month
Less than once a month
Do not sell

Sweet Snacks (biscuits, energy/muesli/breakfast bars, baked fruit bars, caramel popcorn, mini donuts, pancakes)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Chips packets (corn/potato/vege/banana, pre-packaged branded chips such as Twisties, Ready Salted and other such products)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Chocolate, lollies, marshmallows and other confectionery

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Dried fruit and vegetables (dried apricots, fruit leather, raisins/dates)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Nuts and Seeds (unsalted, no added sugar)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

Daily

Ice creams, ice blocks, jellies (Moosies and other such products, ices, frozen juices, frozen yoghurts, gelato, jelly and fruit)

At least once a week
At least once a month
Less than once a month
Do not sell

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Fast Food (KFC, McDonalds, Domino's, Hells Pizza and other such companies)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Healthier Fast Food (Subway, Pita Pit and other such retailers)

Daily
At least once a week
At least once a month
Less than once a month
Do not sell

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Part B: Foods and Beverages provided and sold at schools

31. Does your school use foods and/or beverages for fundraising activities and events?

- Yes
- No

32. How often does your school conduct fundraising activities using foods and/or beverages?

- Weekly
- Several times in a term
- Once a term

33. Do any food and/or beverage companies support your school's fundraising initiatives? Example: Students selling chocolate/sweets from well known brands?

- Yes (*please list the companies currently involved*)

- No
- Don't know

34. Does your school carry out any fundraising activities without the use of foods and/or beverages? Example: Students selling toothbrushes to promote oral health

- Yes (*please list some examples that might be used to inspire other schools*)

- No
- Don't know

35. Types of foods and beverages used in fundraising activities:

The following list of foods and beverages aims to capture a snapshot of the various types of products used for fundraising activities. Please tick all that apply.

- Porridge, Oats, Muesli and Weet-bix (or other such breakfast cereals without added sugar)
- Breakfast cereals with added sugar
- Water (plain, unflavoured)
- Flavoured and/or fortified water, sports drinks, energy drinks (Example: Mizone, Redbull, V and other such products)
- Plain (unflavoured) reduced fat/low fat milk (green, yellow or light blue top)
- Plain (unflavoured) full fat milk (blue or grey top)
- Flavoured milk and drinking yoghurt (Example: Up and Go, Primo, Calci-Yum, Milo and other such products)
- Vegetable and/or fruit juice
- Sugar-sweetened beverages (fizzy drinks, cordial, juices with added sugar)
- Artificially sweetened beverages (Example: Diet Pepsi, Coke Life and other such products)
- Milk-based snacks (unfrozen yoghurt, custards, creamed rice)
- Fresh, frozen, canned or pureed fruit (fruit tubs, fruit salads - do not include fruit with jelly)
- Fresh, frozen, canned or pureed vegetables (mixed veg salads - do not include hot chips and other deep fried vegetables)
- Soups (fresh, canned, pouched - excluding instant soup)
- 2 minute cup noodles, Instant soup (soup made from powdered mixes)
- Pasta, couscous (canned spaghetti, pasta with tomato-based sauce)
- Rice, Noodles, Pork buns (sushi, fried rice, stir fry noodles, curry and rice, chop suey)
- Cheese-topped dishes (lasagna topper, cordon bleu topper, macaroni and cheese, pizza, nachos, lasagna)

- Filled rolls, sandwiches, wraps (pita breads, panini)
- Burgers, Burritos, Bagels
- Hangi (traditional or cooked in a hangi cooker)
- Sausage sizzle, American hot dogs, garlic bread
- Deep fried foods (hot chips, fries, wedges, fish and chips, corn dogs, hot dogs on a stick, spring rolls, samosas, chicken nuggets, fish fingers)
- Baked Foods/Foods with pastry (pies, sausage rolls, quiche, croissants, cakes, iced/cream buns, slices, muffins, scones, cupcakes, donuts)
- Corn thins, wholegrain/rye/rice crackers, popcorn, crackers and cheese)
- Sweet Snacks (biscuits, breakfast/muesli/energy/cereal bars, baked fruit bars, caramel popcorn, mini donuts, pancakes)
- Chips packets (corn/potato/vege/banana; pre-packaged branded chips packets such as Twisties, Ready salted and other such products)
- Chocolate, lollies, marshmallows and other confectionery
- Dried fruit and vegetables (dried apricots, apple; fruit leather, raisins/dates)
- Nuts and Seeds (unsalted, no added sugar)
- Ice creams, ice blocks, jellies (Moosies and other such products, ices, frozen juices, frozen yoghurts, gelato, jelly and fruit)
- Fast Food (Example: McDonalds, Burger King, KFC, Pizza Hut, Domino's, Hells Pizza, Wendys, Carls Jr and other similar products)
- Healthier Fast Food (Example: Subway, Pita Pit, St. Pierres Sushi and other similar products)

Other Questions

Page description:

The following section includes questions that gather other relevant information in regards to food and nutrition environments in schools

36. Does your school have a garden to grow fresh fruit, vegetables and herbs?

- Yes
- No

37. Please list all the possible ways in which fresh fruit and vegetables from the garden is utilised:

(tick all that apply)

- Incorporated into the meals sold at the canteen/tuckshop
- Incorporated into the meals provided by the school
- Used in teaching curriculum (food technology class, etc.)
- Students and staff are allowed to take produce for themselves, their home
- Parents are allowed to access and take produce for themselves
- Produce is used in fundraising activities
- Produce is distributed to the community for free
- Other way(s) - *(tick and specify)*

38. Do any food and beverage companies sponsor your school? (Example: sports teams, awards, school structures - classrooms, gymnasiums, etc.)

Yes (*please list some of the benefits of sponsorship*)

No

Don't know

39. What is sponsorship support used for?

(tick all that apply)

Sports teams

Infrastructure (Example: classrooms, gymnasiums, school fields, etc)

School prizes/awards (Example: scholarships, funding)

Financial aid for students

Vending Machines

Other way(s) (*tick and specify*)

40. Does your school have any commercial food and beverage promotion/advertising?

- Yes
- No
- Don't know

41. Is there commercial food and beverage promotion (posters or advertisements) for any of the following on school grounds?

(tick all that apply)

- Breakfast cereals with added sugar
- Flavoured and/or fortified water, sports drinks, energy drinks (Example: Mizone, Powerade, Redbull, V and other similar products)
- Sugar-sweetened beverages
- Instant soup, 2 minute cup noodles
- Cheese-topped dishes (lasagna topper, cordon bleu topper, macaroni and cheese, pizza, nachos, lasanga)
- Sausage sizzle, American hotdog, garlic bread
- Deep fried foods (hot chips, fish and chips, corn dogs, spring rolls, wedges, chicken nuggets, fish fingers, samosas, hot dogs on a stick)
- Baked Foods/Foods with pastry (pies, sausage rolls, quiche, muffins, slices, donuts, cupcakes, iced/cream buns, croissants, cakes, scones)
- Sweet snacks (biscuits, breakfast/muesli/energy/cereal bards, baked fruit bards, caramel popcorn, mini donuts, pancakes)
- Chips packets (corn/potato/vege/banana; pre-packaged branded chips packets such as Twisties, Ready Salted and other such products)

- Chocolates, lollies, marshmallows and other confectionery
- Ice creams, ice blocks, jellies (Moosies and other such products, ices, frozen juices, frozen yoghurts, gelato, jelly and fruit)
- Fast Food (Example: McDonalds, Burger King, KFC, Dominoes, Pizza Hut, Hells Pizza and other similar products)
- Healthier Fast Food (Example: Subway, Pita Pit, St. Pierres Sushi and other similar products)
- Artificially Sweetened Beverages (Example: diet Pepsi and other such products, Coke Life and other such products)
- Burgers, Burritos, Bagels
- Other

42. Is nutrition education about healthy foods and beverages included in the school teaching curriculum?

- Yes (please list some examples)

- No
- Don't know

43. Are there any barriers to implementing a healthy food environment in your school?

- Yes
- No
- Don't know

44. Please specify some of the possible barriers faced when implementing a healthy food environment in your school:

(tick all that apply)

- Resistance from students
- Resistance from parents
- Loss of profits from lack of sale of healthy foods and beverages
- Convenience and ease of preparation of processed and ready-to-eat foods and beverages
- Lack of choice from chosen catering company/lunch order-in system
- Lack of infrastructure (Example: cooking space, refrigeration, etc)

Other *(tick and specify)*

Other *(tick and specify)*

45. Please highlight the major positive efforts your school is taking to create a healthy food environment for students and staff. Please note that some of your examples might be used to inspire other schools:

46. Please describe anything else relevant but not covered in this survey about the food environment at your school:

47. Would you agree for key indicators of the healthiness of your school's food environment be made publicly available? *

- Yes
- No

48. Schools in the **Auckland Region** are further invited to take part in a validation study (observational study).

Purpose:

The data collected from the observational study will be used to validate the data collected from this questionnaire (School-FERST).

Methods:

A PhD student/researcher will visit your school to collect information on foods and beverages sold in the canteen/tuckshop and through vending machines using a checklist and digital camera. You will be contacted to arrange a suitable moment for this visit.

Are you willing to be contacted to learn more and participate in this study: *

- Yes, I am a school in Auckland willing to be contacted
- No, I am a school in Auckland and do not wish to participate in the observational study
- I am not a school in the Auckland region