

# School-FERST National Survey

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## Start of Block: Introduction

Q1 ***Once again, thank you for taking the time to complete this survey.***

Overview of survey:

Part A: Policies, guidelines and programmes implemented related to healthy eating and healthy food environments at school

Part B: Foods and beverages provided and sold at school

Part C: General questions on school food environment

Please have the following documents ready to upload (if available):      School Food and Nutrition Policy      School canteen and/or lunch order-in system menu Menu/inventory list for food in vending machines

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Q2 Name of School (this will enable us to give you individual feedback on your schools policy and environment)

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Q3 School Location (this will enable us to provide you with feedback of your schools food environment compared with others in your decile and region)

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Q4 Please enter your email address so that we may send the results directly to your inbox:

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Q5 Number of students currently enrolled at your school

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Q6 Please indicate who filled out the questionnaire

*(tick all that apply)*

- Board/trustee member
  - Senior Management (example: Principal, Deputy Principal, Head of Department)
  - Teaching Staff
  - Administrative/Support (example: Receptionist, Care Taker, Librarian, Teacher Aide)
  - Health Services (example: School Nurse)
  - Food Service Staff (example: Canteen Manager, Canteen Staff)
  - Unpaid Volunteer (example: Parent, Community Volunteer)
  - Other (please specify in the box below)
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End of Block: Introduction

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Start of Block: Part A: Policies and Programmes

**Q7 School Food and Nutrition Policies**

If available, please attach a copy of your schools food and nutrition policy

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Q8 Does your school have a **written policy** that relates to food and nutrition? (example: A formal policy set by the Board of Trustees?)

- Yes
  - No
  - Don't know
- 

Q9 How is information about school good and nutrition policy/guidelines communicated with staff and students?

*(tick all that apply)*

- Newsletters
  - Staff Meetings
  - Student Assemblies
  - Information seminars/ Workshops
  - Email to staff and students
  - School website
  - Other *(tick and please specify in the box below)*
- 

Q10 Has your school designated one or more persons to have operational responsibility for ensuring that policies/guidelines are implemented and followed?

- Yes
- No
- Don't know

**Q11 Foods and Beverages Provided**

*The following questions are about the foods and beverages provided to students (not including those for sale) during the school day on school grounds. These questions are about the foods and beverages your school provides to students routinely, not the foods or beverages provided by an individual teacher to a few students.*

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Q12 How many water fountains/ water coolers are located on school grounds and easily accessed by students?

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Q13 If your school has a boarding house or provides meals as part of a regular food service (cost included in school fees) please upload a copy of a weekly menu

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**Q14 Food and Beverages Sold**

*The following questions are about foods and beverages that are **sold** to students during the school day, on school grounds.*

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Q15 Are foods and beverages sold to students, on school grounds, during the school day?

*(This includes foods sold through the canteen/tuck stop, lunch order in system, vending machines but excludes fundraising)*

Yes

No

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Q16 Are food and beverages sold to students through any of the following?

*(tick all that apply)*

Canteen / Cafeteria / Tuck Shop run by the school

Canteen / Cafeteria / Tuck Shop not run by the school (outsourced)

Lunch Order System (order placed by student or on behalf of the student and delivered to school) \_\_\_\_\_

Vending Machine *(please specify how many machines are accessible to students in the box below)* \_\_\_\_\_

Other source(s) *(please specify in the box below)*  
\_\_\_\_\_

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Q17 On what days does the canteen/tuck shop and/or lunch order system operate?

*(tick all that apply)*

Monday

Tuesday

Wednesday

Thursday

Friday

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Q18 Who has input in the planning of the menu of the primary school food service?

*(tick all that apply)*

Chief/Key Staff (please list in box below)

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All staff

Board of Trustees

Students

Parents

Other (please specify in the box below)

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Q19 Please indicate which of the following is a source of major profit for the school (either directly or indirectly, example: rent) from the sale of food and beverages?

*(tick all that apply)*

- Canteen / Cafeteria / Tuck Shop
  - Lunch Order System
  - Vending Machine
  - Sponsorship
  - Special events (School Gala, Cultural Festivals)
  - Other source (as per previous question)
-

Q20 Which types of foods and beverages are generally **sold** by the schools food service during the school day?

*(tick all that apply)*

**Porridge, Oats, Muesli and Weet-bix** *(or other breakfast items composed of similar ingredients without added sugar)*

**Breakfast Cereals other than oats, porridge, muesli and Weet-bix** *(cornflakes, puffed rice, bran flakes)*

**Water** *(plain, unflavoured)*

**Flavoured and/or fortified water, Sports Drinks** *(H2Go Lemon Flavoured Water, Powerade, Mizone)*

**Reduced fat/Low fat Milk** *(yellow or light blue top, unflavoured)*

**Full fat milk** *(blue or grey top, unflavoured)*

**Flavoured Milk, Drinking Yoghurt** *(Primo, Calci-yum, Milo)*

**Sugar Sweetened Beverages** *(fizzy drinks, cordial, artificially sweetened beverages, juices with added sugar, energy drinks)*

**Artificially Sweetened Beverages** *(Diet Coke, Coke Zero, Coke Life)*

**Vegetable Juice, Fruit Juice**

**Fresh Fruit** *(including fruit salads with fresh fruit only)*

**Frozen, Canned or Pureed Fruit** *(do not include jelly with fruit)*

**Fresh, Frozen, Canned or Pureed Vegetables** *(do not include hot chips, other deep fried vegetables, can include vegetable mix)*

**Salads**

**Soups** *(excluding instant soup)*

**Instant Soup, 2 minute cup noodles** *(soup made from powdered mixes, instant cup noodles)*

- Rice, pasta, noodle, couscous** (*canned spaghetti, fried noodles, fried rice, pasta with tomato-based sauce, sushi*)
  - Cheese-topped dishes** (*pasta with cheese sauce, macaroni and cheese, pizza, nachos, lasagna*)
  - Filled rolls, sandwiches, wraps, burgers** (*pita bread, panini*)
  - American Hot Dogs, Garlic Bread**
  - Deep Fried Food** (*hot chips, fish and chips, corn dogs, spring rolls, mini donuts, chicken nuggets, wedges, fish fingers*)
  - Baked Snack Foods** (*cakes, pancakes, pikelets, iced/frosted/cream buns, slices, muffins, scones, Danish pastries, cupcakes*)
  - Savoury Snacks** (*crackers, corn thins, crackers and cheese packs - Le Snak*)
  - Chips Packets** (*Bluebird ready salted/chicken/sour cream and chives; Twisties; Burger Rings; Grain Waves*)
  - Sweet Snacks** (*biscuits, breakfast bars, energy bars, cereal bars, baked fruit bars, caramel popcorn*)
  - Confectionery** (*chocolate, lollies, candy, marshmallows*)
  - Dried Fruit and Vegetables** (*dried apricots/apple, raisins/dates, fruit leather, banana chips, vegetable chips*)
  - Nuts and Seeds**
  - Milk based snacks** (*unfrozen yoghurt, custards, creamed rice*)
  - Ice creams, Ice blocks and jellies** (*ices, frozen juices, frozen yoghurt, gelato, jelly and fruit*)
  - Fast Food** (*KFC, McDonalds, Pizza Hut, Wendys, Carl's Junior, Burger King*)
  - Healthy Fast Food** (*Subway, Pita Pit, Revive Cafe*)
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Q21 **Fundraising**

*Fundraising refers to activities undertaken by the school to raise money. They activities might include the school selling goods or providing services for a portion of their profit.*

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Q22 How often does your school conduct fundraising activities to students, parents and the community using foods and beverages?

- Weekly
  - Several times in a term
  - Once a term
  - Do not use food and beverages for fundraising activities
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Q23 Which types of foods and beverages are generally **sold** by the schools food service during the school day?

*(tick all that apply)*

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  - Healthy Fast Food** (*Subway, Pita Pit, Revive Cafe*)
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Q24 Do any food and beverage companies support your schools fundraising initiatives?  
(example: Students selling Cadbury chocolates)

Yes *(please list some companies involved)*

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No

Don't know

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Q25 Does your school carry out any fundraising activities without the use of food and/or  
beverages? Example: Students selling toothbrushes to promote oral health?

Yes *(please list a couple of examples in the box below)*

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No

Don't know

**End of Block: Part B: Foods and Beverages provided and sold at school**

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**Start of Block: Part C: General Questions on School Food and Nutrition Environment**

Q26 Are there any barriers to implementing a healthy food and nutrition environment in your  
school?

Yes

No

Don't know

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Q27 What are some of the barriers faced by your school when implementing a healthy food and nutrition environment?

- Resistance from students
- Resistance from parents
- Loss of profits from sale of less healthy foods and beverages
- Convenience and ease of preparation of processed and ready-to-eat foods and beverages
- Lack of choice in options provided by catering company/ lunch order system
- Other *(please specify in the box below)*  
\_\_\_\_\_
- Other *(please specify in the box below)*  
\_\_\_\_\_

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Q28 Please describe any other ways in which your school is taking steps to create a healthy food and nutrition environment for students and staff:

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Q29 Please describe any else relevant but not covered in this survey about the food environment at your school:

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**End of Block: Part C: General Questions on School Food and Nutrition Environment**

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**Start of Block: Block 4**

Thank you so much for taking part in the School-FERST national survey. We will get in touch and email you your results shortly.

**End of Block: Block 4**

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