

Packed Lunch PARENT SURVEY

TOOL 12



Name (optional):

Name of your child (optional): Year Group:

1. How many days does your child take a packed lunch to school per week? (tick one)

☐ 5 days ☐ 3-4 days ☐ 2-3 days ☐ 1 day ☐ 0 Days

2. What are the reasons your child has a packed lunch/ school meal/ variety of both?

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 ☐ Quite Important ☐ Slightly Important ☐ Not important

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

☐ Yes ☐ No ☐ Don't know ☐ Sometimes

5. Do you agree with the statement 'I know what food to include in a healthy, balanced packed lunch for my child'?

☐ Yes ☐ No ☐ Don't know ☐ Sometimes

6. Is there anything that makes it difficult to prepare a healthy, balanced packed lunch? i.e. time

☐ Yes ☐ No ☐ Don't know ☐ Sometimes

Please give details:

7. Are there 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 ☐ Sometimes

If yes, please state any foods restricted:

8. Do you think that schools should have a packed lunch policy or guidance that has the same guidelines as the School Food Standards*?










☐ Yes ☐ No ☐ Don't know ☐ Sometimes

* These are standards that apply by law to food served by school to ensure it is healthy and nutritious. They ensure only healthy items are provided and restrict some foods like chocolate bars and fizzy drinks.

9. How often do you think the following foods should be in packed lunches at your school?

This may be different to what is happening now.

(tick one box for each type of food)

	Never	1 day a week	Sometimes	Often	Everyday
 Crisps and savoury snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Confectionery (e.g. sweets and chocolate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Fizzy drinks /sugary drinks /sweetened drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Cakes and biscuits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Vegetables and salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 A source of carbohydrate (e.g. bread, pasta)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 A source of dairy food (e.g. milk or yoghurt)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 A source of protein (e.g. meat, fish, eggs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Would a packed lunch policy or guidance encourage you to change, if needed, what you put in your child/children's packed lunch?

☐ Yes ☐ No ☐ Don't know ☐ Sometimes

11. On average, how much would you estimate it costs you to provide one packed lunch for your child?

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

☐ Yes ☐ No ☐ Don't know ☐ Sometimes

13. Would you come to a parents' /carers' meeting to find out more about healthy packed lunches or be involved in creating a policy?

☐ Yes ☐ No ☐ Don't know ☐ Sometimes

Thank you for taking the time to complete this survey.

Any completed questionnaire will be entered into a prize draw to win