NSW Healthy School Canteen Strategy
Evaluation Report 2005
Acknowledgements

The NSW School Canteen Advisory Committee oversaw the development of the NSW Healthy School Canteen Strategy. Membership of this committee was comprised of: NSW Department of Health, NSW Department of Education and Training, Association of Independent Schools, Catholic Education Commission NSW, Federation of Parents and Citizens’ Associations of NSW, Council of Catholic School Parents, NSW School Canteen Association, NSW Primary Principals’ Association, NSW Secondary Principals’ Council, and a secondary school student, canteen manager, and independent nutritionist. The committee members provided advice about the wording and administration of the surveys for the NSW Healthy School Canteen Strategy Evaluation.

The NSW Department of Education and Training and the Catholic Education Commission NSW provided approval for the surveys to be completed in Government and Catholic schools respectively.

The surveys were funded and commissioned by the NSW Department of Health. The Hunter Valley Research Foundation completed the fieldwork, data analysis and drafted the final survey report*.

The NSW Department of Health would like to thank the schools from the Government, Catholic and Independent school sectors that participated in the surveys.

*The Hunter Valley Research Foundation (A.B.N. 91 257 269 334), Downie Street, Maryville, NSW 2293
Telephone: (02) 4969 4566 Facsimile: (02) 4961 4981 Email: admin@hvrf.com.au Internet: www.hvrf.com.au
HVRF Job number 384/04 September 2005
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Summary</td>
<td>II</td>
</tr>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>1.1 Healthy School Canteen Strategy</td>
<td>1</td>
</tr>
<tr>
<td>1.2 Evaluation of the NSW Healthy School Canteen Strategy</td>
<td>2</td>
</tr>
<tr>
<td>1.3 Structure of this Report</td>
<td>3</td>
</tr>
<tr>
<td>Methods</td>
<td>4</td>
</tr>
<tr>
<td>Results</td>
<td>6</td>
</tr>
<tr>
<td>3.1 Response Rates</td>
<td>6</td>
</tr>
<tr>
<td>3.2 Results of the Quality Process Survey</td>
<td>6</td>
</tr>
<tr>
<td>3.2.1 Canteen Menu Planning Guide (the ‘Guide’)</td>
<td>6</td>
</tr>
<tr>
<td>3.2.2 Fresh Tastes Tool Kit (the ‘Tool Kit’)</td>
<td>8</td>
</tr>
<tr>
<td>3.2.3 Fresh Tastes Newsletter (the Newsletter)</td>
<td>10</td>
</tr>
<tr>
<td>3.2.4 Websites</td>
<td>10</td>
</tr>
<tr>
<td>3.2.5 NSW School Canteen Association (NSWSCA) Resources</td>
<td>11</td>
</tr>
<tr>
<td>3.3 Results of the Short-term Impact Survey</td>
<td>12</td>
</tr>
<tr>
<td>3.3.1 Parameters of canteen operations</td>
<td>12</td>
</tr>
<tr>
<td>3.3.2 Progress towards Strategy implementation</td>
<td>14</td>
</tr>
<tr>
<td>3.3.3 Barriers and enablers to Strategy implementation</td>
<td>17</td>
</tr>
<tr>
<td>Discussion</td>
<td>19</td>
</tr>
<tr>
<td>4.1 Quality/Process Survey</td>
<td>19</td>
</tr>
<tr>
<td>4.2 Short-term Impact Survey</td>
<td>20</td>
</tr>
<tr>
<td>4.2.1 Canteen operation and management practices</td>
<td>20</td>
</tr>
<tr>
<td>4.2.2 Progress towards implementation of the Strategy</td>
<td>20</td>
</tr>
<tr>
<td>4.2.3 Barriers and enablers to implementation of the Strategy</td>
<td>21</td>
</tr>
<tr>
<td>4.3 Limitations of the Study</td>
<td>22</td>
</tr>
<tr>
<td>Conclusion</td>
<td>23</td>
</tr>
<tr>
<td>Implications and Recommendations</td>
<td>23</td>
</tr>
<tr>
<td>References</td>
<td>24</td>
</tr>
<tr>
<td>Appendix 1 Information package and fax back form</td>
<td>27</td>
</tr>
<tr>
<td>Appendix 2 Letter to Government School P&amp;C Associations and Catholic School P&amp;F Associations</td>
<td>31</td>
</tr>
<tr>
<td>Appendix 3 Canteen Managers Quality/Process Questionnaire</td>
<td>33</td>
</tr>
<tr>
<td>Appendix 4 Principal’s Quality/Process Questionnaire</td>
<td>39</td>
</tr>
<tr>
<td>Appendix 5 Canteen Managers Short Term Impact Questionnaire</td>
<td>45</td>
</tr>
</tbody>
</table>
Executive Summary

In 2002, the NSW Government convened the NSW Childhood Obesity Summit in response to concerns about increasing levels of overweight and obesity in children and young people. Following the Summit, the NSW Government launched the strategy, *Prevention of Obesity in Children and Young People: NSW Government Action Plan 2003-2007*. The NSW Healthy School Canteen Strategy is a key initiative within this Plan.

The NSW Healthy School Canteen Strategy sets minimal nutrition standards for the types of foods that can be sold in NSW school canteens. Under the Strategy food and drinks commonly sold in school canteens have been categorised as RED ("occasional", limit sale to no more than twice a term), AMBER (select carefully), and GREEN (fill the menu). It represents a Government mandated approach to ensure that Government schools offer a canteen service that provides healthy and nutritious foods. The Catholic Education Commission and Association of Independent Schools both endorsed the Strategy to encourage and facilitate implementation in Non-Government schools.

This report describes two components of the Strategy Evaluation, namely the Quality/Process Survey and the Short-term Impact Survey. These surveys were completed during Term 1 and 2, 2005. The surveys utilised a stratified, randomised sampling frame of 519 NSW schools (Government, Catholic and Independent) with school canteens.

The Quality/Process Survey established that the reach, utilisation, quality, knowledge, confidence and satisfaction with the three main Strategy resources (*Canteen Menu Planning Guide* and *Fresh Tastes Tool Kit* and *Fresh Tastes* Newsletters) amongst Canteen Managers and Principals was very high.

The key finding of the short-term Impact Survey was that nearly all (98%) of the Canteen Managers surveyed reported that they had made all or some of the changes to meet the requirements of the Strategy. Very few Canteen Managers reported that they were not implementing the Strategy or were still planning the changes (2%). Additionally more than half (55%) of those Canteen Managers that reported implementing the Strategy had not encountered any problems in doing so.

These results are very encouraging as are the results related to progress against each of the key implementation steps that were identified in the survey: 82 percent of Canteen Managers had limited the sale of all RED products to no more than two occasions per term; 86 percent of Canteen Managers had made sure that AMBER products did not dominate the menu and 87 percent had used smaller serving sizes for AMBER products where possible; about two thirds (63%) of schools had a canteen committee; about two thirds had a canteen policy (62%); 79 percent of Canteen Managers reported communicating information about the Strategy to the wider school community; and more than three quarters (78%) had promoted the healthier products on their menus.

It is likely that the process of change will continue in the longer-term provided further support and advice is provided to schools, particularly to those that have experienced barriers to change.
Introduction

1.1 Background to the NSW Healthy School Canteen Strategy

Over the last 30 years, various “Healthy School Canteen Guidelines” have been introduced in NSW. These have provided general advice on the types of foods that should be sold in school canteens, based on the Australian Dietary Guidelines. While supported by the NSW Department of Education and NSW Department of Health, they have not been mandatory and so their implementation has been left to the discretion of individual schools. In 1991, the non-for-profit NSW School Canteen Association was established to assist schools to provide healthier canteens.

In 2002, the NSW Government convened the NSW Childhood Obesity Summit in response to concerns about increasing levels of overweight and obesity in children and young people. Delegates from the Summit passed two resolutions calling for stronger measures to ensure that food and drinks available in schools are healthy. Following the Summit, the NSW Government launched the strategy, Prevention of Obesity in Children and Young People: NSW Government Action Plan 2003-2007. The NSW Healthy School Canteen Strategy, branded as Fresh Tastes @ School is a key initiative within this Plan.

The NSW Healthy School Canteen Strategy (henceforth referred to as “the Strategy”) seeks to ensure that foods of minimal nutritional value (particularly those high in kilojoules and/or saturated fat, and/or added sugar and/or salt) are offered infrequently, and that more nutritious foods and drinks are readily available and promoted in school canteens. Under the Strategy foods and drinks commonly sold in school canteens have been categorised as RED (“occasional”, limit sale to no more than twice a term), AMBER (select carefully), and GREEN (fill the menu).

There are two significant differences between this Strategy and the approaches that have been used for school canteens in the past. Firstly, it clearly defines, through nutrient criteria, what should only be sold occasionally in school canteens. Secondly, it represents a Government mandated approach to ensure that Government schools offer a nutritious canteen service. The Catholic Education Commission and Association of Independent Schools both endorsed the Strategy to encourage and facilitate implementation in Non-Government schools. The target date for implementation of the Strategy was Term 1, 2005.

The overarching goal of the Strategy is to ensure that all schools provide a canteen service that is consistent with the Australian Dietary Guidelines for Children and Adolescents.

The objectives of the Strategy are:

1. To limit the sale of foods low in nutritional value and high in saturated fat, energy (kJ), added sugars and/or salt (RED foods) to no more than twice per term.
2. To promote the sale of ‘nutrient dense’ foods in school canteens.
3. To educate the school community with regard to childhood obesity and the role of the school canteen.
4. To provide support and advice to school canteens in their implementation of the Strategy.
5. To engage all sectors of the school community in the change process.
6. To encourage schools in the Non-Government sector to implement the Strategy.
7. To promote and market the change to all schools.
8. To encourage all schools to become members of the NSW School Canteen Association.

The Strategy involves a number of different Government and Non-Government agencies. Activities relating to the Strategy occur across multiple areas within and between organisations. The Strategy is a strategic partnership between the NSW Department of Health (DOH); NSW Department of Education and Training (DET); the Catholic Education Commission (CEC); and the Association of Independent Schools (AIS).

During 2004, two resource packages were developed and distributed to all NSW schools to assist them to implement the Strategy, the Fresh Tastes Canteen Menu Planning Guide (distributed in Term 2, 2004) and the Fresh Tastes Tool Kit (distributed in Term 3, 2004). In addition, a number of communication methods have been used to disseminate information about key aspects of the Strategy, including: media releases; Fresh Tastes Newsletters (3 editions during 2004); information sessions and briefings completed by the project team for various target groups; websites; and responses to enquiries, e-mails and letters.
Individuals and groups working with schools and school canteen staff have also been provided with a number of training opportunities. These opportunities have aimed to provide participants with knowledge, skills and confidence to support or implement change in relation to the Strategy. Train the Trainer Sessions have been conducted throughout the State and a NSW Healthy School Canteen Strategy TAFE Course (6hr) has been developed for Canteen Managers and staff.

Another key aspect of the Strategy has been the support provided by the NSW School Canteen Association (NSWSCA). The not for profit NSWSCA, which is supported by the NSW Health Department is a key partner in the Fresh Tastes @ School Strategy. The NSWSCA has increased its capacity to support the Strategy through focussing on the following key areas; revising the Association’s nutrient criteria, improving the NSWSCA website and School Canteen Buyers’ Guide and providing a wider range of fact sheets and other support services.

1.2 Evaluation of the NSW Healthy School Canteen Strategy

A comprehensive Evaluation Framework has been developed in order to assess the implementation, quality and impact of the many aspects of the Strategy. This report describes two components of that Evaluation Framework, namely the Quality/Process survey and the Short-term Impact survey. The Quality/Process survey was designed to consider the quality and reach of the communication methods and support materials produced for the Strategy while the Short-term Impact survey was designed to identify parameters of canteen operations and evaluate the short-term impact of the Strategy. These surveys were completed during Term 1 and 2, 2005.

1.2.1 Quality/Process Survey

The objectives of the Quality/Process Survey were to determine whether the communication strategies and support materials:

- reached the target groups;
- were read and utilised;
- were of good quality (well organised, easy to understand, relevant, useful, easy to apply in practice);
- improved the knowledge of the target groups and their confidence to make changes; and
- whether the target groups were satisfied with the resources provided to them.

Questions in this survey related to each of the key communication strategies and resources, namely: the Canteen Menu Planning Guide; the Fresh Tastes Tool Kit; the Fresh Tastes newsletters; Strategy websites; the NSW School Canteen Association’s activities and resources; and other sources of information and assistance.

The Quality/Process Survey was administered to Canteen Managers and school Principals at participating schools, as these two groups were the main target audiences of the communication strategies and support materials. The survey was timed to allow the target audience enough time to have received, read and used the Strategy resources and to occur before the short-term impact evaluation began.

1.2.2 Short-term Impact Survey

The objectives of the Short-term Impact Survey were:

- To better understand how school canteens are managed and operated in NSW
- To determine to what extent the series of implementation steps suggested in the support materials had been completed by schools
- To determine whether schools had used the support materials to guide this process
- To determine the barriers and enablers to implementation
- To determine whether schools require further support.

Questions in this survey related to: canteen operations; progress with implementation of the Strategy; problems encountered by schools or barriers to implementation; canteen menu changes; vending machines; canteen committees; communication of information related to the Strategy within schools; school canteen policies; promotion of healthier products; the role of the school canteen; and attitudes and beliefs.

Only Canteen Managers from participating schools were asked to complete this survey, as they were most likely to be familiar with both canteen operations and progress towards implementation of the Strategy. The Short-term Impact Survey was timed to allow schools an opportunity to have made changes to their canteen menus and to have put in place some of the strategies suggested in the Fresh Tastes Tool Kit.
1.3 Structure of this Report

The remainder of this report is divided into four sections:

- **Methods**
  The Methods section presents an overview of the methodology and data collection processes adhered to in completing both the surveys.

- **Results**
  The Results have been described in terms of response rates; the results of the Quality/Process Survey (structured by key resources and communication strategies); and the results of the Short-term Impact Survey (structured in terms of the key objectives of this survey).

- **Discussion & Conclusions**
  The Discussion and Conclusion Chapters attempt to draw together the main findings of the study and present their implications in terms of the future implementation of the Strategy and the conduct of similar studies involving schools and/or school canteens.

A list of references and key Appendices conclude the Report.

“The materials support an on-going commitment. Change takes time and needs to be thorough and include everyone if it is to become the practice in the school community. The resources are excellent reference material.” School Principal
Methods

Approval to conduct this project in NSW schools was received from both the NSW Department of Education and Training and the Catholic Education Commission. As the surveys were being completed for quality improvement purposes the Department of Education and Training and the Catholic Education Commission advised that formal ethics approval was not required. The project was funded and commissioned by NSW Health.

A stratified randomised sampling frame of all NSW Schools with a school canteen was utilised for the surveys. The NSW School Canteen Association’s database of NSW Schools was used to randomly select the majority of the sample, however, 74 schools that had completed a canteen manager survey as part of the NSW Schools Physical Activity and Nutrition Survey (SPANS) in April 2004 were also included.

As an initial step to ensure the database was accurate, all schools were contacted and those without a school canteen were excluded from the study. All schools with a school canteen were included, including those that were: not run full-time; leased or undergoing a tendering process; part of a boarding school; under renovation; and shared with other schools. The school mailing address and contact details for each Principal was also checked at this time.

An information package was then mailed to all of the schools on the project database. This recruitment package included a letter from the NSW Department of Health encouraging participation, a Fact Sheet including details about the project and contact details for further information as well as a Fax Back Form. A copy of the entire package is included as Appendix 1 of this Report.

Schools were informed that in order to participate in the surveys the Principal would need to complete the Quality/Process Survey and the Canteen Manager would need to agree to complete both the Quality/Process Survey and the Short-term Impact Survey.

In addition to the recruitment package sent to the school, an information letter was sent to the Secretary of the Parents and Friends Associations (P&F) for Catholic Schools and the Parents and Citizens Associations (P&C) for Government Schools, informing them of the survey. The letter sought the support of the P&F and P&C Associations by encouraging their school’s participation in the survey. A copy of the letter appears as Appendix 2 of this Report.

To maximise response rates a follow-up phone call was made approximately 10 days after the information packages had been posted to all schools who had either not sent back the Fax Back Form; not provided all the relevant contact details; or had not provided consent. A telephone script was utilised to encourage Principals from schools that had initially declined participation to provide consent for their school to participate in the study or to obtain a reason for non-participation.

Both the draft Quality/Process Survey questionnaire and the Short-term Impact Survey questionnaire were developed by staff at the Nutrition and Physical Activity Branch, NSW Health. Comments were sought from the School Canteen Advisory Committee. A copy of the Canteen Managers’ questionnaire is included as Appendix 3 and a copy of the Principals’ Web Survey is included as Appendix 4. A copy of the Short-term Impact Survey questionnaire is included as Appendix 5.

Prior to the commencement of each of the Canteen Managers surveys the CATI (computer assisted telephone interview) was piloted with Canteen Managers from five primary and five secondary schools in both metro and rural locations and from both Government and Non-Government schools. The purpose of the CATI pilots was to ensure the survey questions were: clear; unambiguous; understood by participants; could be answered by Canteen Managers; and did not overburden respondents.

The web-survey was piloted with five research staff and four Principals. The purpose of the pilot was again to test the survey questions as well as to test the web software program and ensure that all systems were working with regards to: the electronic survey; the researcher’s server; the tracking and collection of responses; and maintenance of an email contact history for each respondent.

* Canteen Manager includes the person who is most involved in the running of the school canteen or a nominated representative who is closely involved in the running of the canteen at the time of each survey. This person can be a paid employee of the school; a private licensee/operator; a parent representative who acts in that capacity (on a voluntary basis); or a nominee of the parent organisation if they manage the canteen operations.

Principal includes the Principal or Acting Principal of the school at the time of the Quality/Process Survey. It can also include an Executive staff member nominated by the Principal or Acting Principal if they have had a greater involvement in canteen matters than the Principal or Acting Principal. A teacher who was not an Executive Staff member was not accepted as a suitable nominee.

**See Acknowledgements
Canteen Managers were contacted by the interviewers to complete the Quality/Process and Short-term Impact surveys on the phone using a CATI script. Up to six call attempts were made to Canteen Managers on the number specified on the Fax Back Form and preferably at the time specified, to complete the survey or obtain a terminating outcome (eg a refusal). Canteen Managers were able to book interview times to suit their schedule or ask for a return call at another location (eg at their home or workplace).

The Quality/Process survey was administered to Principals, in the initial instance, electronically. The researchers used the “Select Survey ASP” software program to build an electronic questionnaire for the “Principal’s survey” which was then uploaded to the researcher’s server. Access to the on-screen survey was via a login password and unique ID number.

After two reminder emails, all non-responding Principals and those that had only partially completed the web survey, were offered the opportunity to complete the survey by phone. This option was offered in an attempt to increase the response rate of Principals. A minimum of six reminder calls were made to non-responding Principals and a minimum of six calls to Principals who had agreed to complete the Quality/Process CATI survey.

The data from both the CATI and the Web survey was loaded onto a dBase file and cleaned of all irrelevant and extraneous results. Additional information obtained from open-ended responses was coded and included in the final results.

In order to be included in the final analysis of the results, each school had to have completed all three surveys. That is, the Principal had to have completed the Quality/Process Survey and the Canteen Manager had to have completed both the Quality/Process Survey and the Short-term Impact Survey.

Data was analysed using SPSS (Statistical Package for the Social Sciences). A range of tests were conducted to determine statistically significant differences between school sector (Government, Catholic, Independent), type (primary and secondary) and location (metropolitan and rural). The outcome variable was either the mean response to a question (when scales were used) or the proportion of respondents who answered in a particular way (eg yes or no). Pearson Chi square tests of significance (a = 0.05) were used to detect statistically significant differences in these proportions and statistically significant differences between mean scores. Statistically significant differences will be highlighted in the next section on research findings where relevant.

“The Canteen Menu Planning Guide initiated discussions at our school on how to achieve a healthy canteen. This survey has reminded me of the resource and its benefits – so it has come off the shelf to be placed in a more prominent position.”

School Principal
Results

3.1 Response rates

Recruitment rate
Of the 970 schools that were eligible to participate in the survey, a total of 582 schools were recruited. This represents a 60 percent recruitment rate. Those that declined to participate either on their Fax Back Form or during the phone recruitment process listed the following as the key reasons for their non-participation: lack of time; other competing priorities; change of Principal or Canteen Manager; canteen currently undergoing renovations/capital works or non-operational due to a variety of reasons; or recent completion of a similar survey. An interesting observation is that none of the schools that declined to participate listed non-implementation of the Strategy as a reason for not wanting to participate.

Final response rates
Of the 547 Canteen Managers for whom contact details were available and whose numbers were entered onto the CATI phone database, 537 were interviewed for the Quality/Process Survey yielding a response rate of 99.6 percent. A total of 552 of the 556 Principals who agreed to participate completed either a web-based or CATI survey, yielding a response rate of 99.3 percent.

Of the 552 completed Principal interviews and 537 completed Canteen Manager interviews, 519 where both the Principal and Canteen Manager from the same school had completed the interviews could be utilised in the final analysis for the Quality/Process Survey. The remaining 18 Canteen Managers’ interviews and 31 Principals’ interviews were discarded.

The final response rate for the Short-term Impact Survey was 99.8 percent. Five of the original 519 schools that had completed the Quality/Process Survey were excluded from the Short-term Impact Survey as their Canteen Managers had completed the survey pilot and the CATI underwent some significant changes as a result of this process. A total of 513 of the 514 Canteen Managers or their nominated representatives that were contacted, completed the Short-term Impact Survey.

Representativeness of the sample
Overall, Government schools were expected to make up approximately 68 percent of the sample and were under-represented by 2 percent in the final results making up 60 percent of the schools. Independent schools were expected to make up 12 percent of the sample and eventually made up 14 percent of the sample, 4 percent less than expected. Table 1 (opposite) provides details on the final 519 schools whose results were included in the final analysis of the Quality/Process Survey, and the 513 that were included in the final analysis of the Short-term Impact Survey, presented by the 12 strata.

Overall, there were 378 Government schools, 92 Catholic schools and 43 Independent schools. A total of 322 were primary schools and the remaining 191 were secondary schools. Some 248 were located in metropolitan NSW with the remaining 265 were located in non-metropolitan areas of the State.

3.2 Results of the Quality/Process Survey

3.2.1 Canteen Menu Planning Guide (the ‘Guide’)
The Guide, which was disseminated in Term 2, 2004, offers a new way of designing school canteen menus in line with the Australian Dietary Guidelines for Children and Adolescents. A CD-ROM was included with the Guide. It contained an electronic version of the Guide so more copies could be printed and a PowerPoint presentation for the purpose of communicating key aspects of the Strategy to the school community.

The Quality/Process survey measured the reach, utilisation, quality, knowledge and confidence value of the Guide. The questions related to utilisation were only asked of those respondents who reported receiving or seeing the Guide and the remaining questions related to quality, knowledge, confidence and satisfaction were only asked of those respondents who had received/seen and read the Guide. Only Canteen Managers and not Principals were asked the questions about improvements in knowledge as a result of reading the Guide. Where significant, statistical differences between school sector/type/location have been highlighted.
Reach of the resource

The survey found that a majority of Canteen Managers (92.3%) and Principals (89.9%) had either received or seen a copy of the Guide.

In contrast, only 37.4 percent of Canteen Managers and 23.6 percent of Principals reported they had viewed the CD-ROM. The main reasons given by Canteen Managers for not viewing the CD-ROM included lack of time (23.3%), lack of access to a computer (27.3%), or that they did not know about the resource or it was passed to someone else in the school (22.7%). The two main reasons given by Principals for not viewing the CD-ROM included lack of time (54.8%) and or that it was passed to someone else in the school (25.6%).

Over two thirds of Principals (67.4%) reported that the Guide had been widely circulated at their school. As expected the Guide was widely circulated to those groups that play a role in running the canteen (parent organisations and canteen staff) but not as much to those that do not (teachers or student groups). In most cases the resource was reported to be currently located in the school canteen, with 81.2 percent of Canteen Managers and 72.1 percent of Principals reporting that this was so.

Utilisation of the resource

The results indicate that three quarters of Canteen Managers (74.9%) had read the entire Guide and a further 23.6 percent had at least read a portion of the Guide. Only 1.5 percent of Canteen Managers who had received the Guide reported not reading it at all. In contrast, only 37 percent of Principals reported reading the entire Guide and 54.5 percent reported reading some of it. The main reasons cited by Canteen Managers and Principals for not reading the Guide was lack of time or that the resource had been passed on to someone else in the school.

In terms of the frequency with which Canteen Managers reported referring to the Guide, 31.8 percent reported using it often or all of the time, 45.3 percent indicated referring to the Guide sometimes and 22.9 percent indicated either rarely or never using the Guide. As expected only a minority (18.3%) of Principals agreed with the statement “I often refer to this resource”.

Reports on the utilisation of the CD-ROM revealed 14.6 percent of Canteen Managers reporting that someone at their school had used it for a presentation and a further 21.5 percent were unsure or did not know if it had been used. Similarly, 17.8 percent of Principals reported that someone in their school had used the presentation and a further 17.2 percent did not know.

### Table 1: Proportion used in the results for both surveys in each of the 12 strata

<table>
<thead>
<tr>
<th>CANTEEN RECRUITMENT</th>
<th>%</th>
<th>Expected Total</th>
<th>Total Recruited</th>
<th>Quality / Process</th>
<th>Short-term Impact</th>
<th>%</th>
<th>Over/under representation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government primary metro</td>
<td>21%</td>
<td>117</td>
<td>138</td>
<td>126</td>
<td>125</td>
<td>24%</td>
<td>+3%</td>
</tr>
<tr>
<td>Government primary rural</td>
<td>28%</td>
<td>155</td>
<td>145</td>
<td>120</td>
<td>119</td>
<td>23%</td>
<td>-5%</td>
</tr>
<tr>
<td>Government secondary metro</td>
<td>10%</td>
<td>56</td>
<td>60</td>
<td>58</td>
<td>55</td>
<td>11%</td>
<td>+1%</td>
</tr>
<tr>
<td>Government secondary rural</td>
<td>9%</td>
<td>50</td>
<td>84</td>
<td>79</td>
<td>79</td>
<td>15%</td>
<td>+6%</td>
</tr>
<tr>
<td>Catholic primary metro</td>
<td>7%</td>
<td>40</td>
<td>29</td>
<td>25</td>
<td>25</td>
<td>5%</td>
<td>-2%</td>
</tr>
<tr>
<td>Catholic primary rural</td>
<td>7%</td>
<td>36</td>
<td>37</td>
<td>31</td>
<td>30</td>
<td>6%</td>
<td>-1%</td>
</tr>
<tr>
<td>Catholic secondary metro</td>
<td>4%</td>
<td>20</td>
<td>22</td>
<td>20</td>
<td>20</td>
<td>4%</td>
<td>0%</td>
</tr>
<tr>
<td>Catholic secondary rural</td>
<td>2%</td>
<td>10</td>
<td>18</td>
<td>17</td>
<td>17</td>
<td>3%</td>
<td>+1%</td>
</tr>
<tr>
<td>Independent primary metro</td>
<td>4%</td>
<td>20</td>
<td>14</td>
<td>11</td>
<td>11</td>
<td>2%</td>
<td>-2%</td>
</tr>
<tr>
<td>Independent primary rural</td>
<td>3%</td>
<td>20</td>
<td>13</td>
<td>12</td>
<td>12</td>
<td>2%</td>
<td>-1%</td>
</tr>
<tr>
<td>Independent secondary metro</td>
<td>3%</td>
<td>15</td>
<td>13</td>
<td>12</td>
<td>12</td>
<td>2%</td>
<td>-1%</td>
</tr>
<tr>
<td>Independent secondary rural</td>
<td>2%</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>8</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
<td>550</td>
<td>582</td>
<td>519</td>
<td>513</td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>
Quality of the resources

The aspects of quality that were measured included usefulness, readability, applicability and relevance. For Canteen Managers, 90.9 percent agreed that the Guide was useful, 86 percent thought it was easy to understand, 67.4 percent found it easy to apply in practice and 68 percent found it relevant to the needs of their school. The results were slightly better for Principals, 94.8 percent agreed that the Guide was useful, 94.1 percent thought it was easy to understand, 82.9 percent found it relevant to the needs of their school.

Canteen Managers from primary schools were more likely than Canteen Managers of secondary schools to agree with the statements: “The information in this resource was easy to apply in practice” and “The information in this resource was relevant to the needs of my school”. Principals from primary schools were more likely than Principals from secondary schools to agree with the statement “The information contained in the Guide was relevant to the needs of my school.”

Contribution to knowledge of the target group

Overall, 66.7 percent of Canteen Managers agreed that the Guide improved their knowledge of nutrition. The majority of Canteen Managers reported being able to determine what a RED product was (84.7%), and knowing what products fitted into the GREEN and AMBER categories (91.5%), after reading the Guide.

Canteen Managers from primary schools were more likely to agree with the statement “Information provided in the Guide improved my knowledge of nutrition” than Canteen Managers from secondary schools. Canteen Managers from metropolitan schools were more likely to agree with the statement, “I felt confident I could determine if a product was a RED food”, than Canteen Managers from rural schools.

Improvement in the confidence of the target group

Most Canteen Managers (93.2%) indicated that after reading the Guide, they understood what the Fresh Tastes canteen menu should look like. The same was true for most Principals (88.5%). Similarly, the majority of Canteen Managers (85.2%) and Principals (73.1%), agreed that they felt confident that their school could meet the requirements of the Fresh Tastes Strategy.

Canteen Managers and Principals from primary schools were more likely to agree with the statement, “I felt confident our canteen could meet the requirements of the Fresh Tastes Strategy”, than their counterparts in secondary schools. Canteen Managers from rural schools were more likely to agree with the statement, “After reading this resource I understood what a Fresh Tastes canteen menu should look like”, than those in metropolitan schools.

Satisfaction with the resource and information provided

The majority (81.6%) of Canteen Managers and Principals (89.7%) reported being very satisfied or satisfied with the Guide. Only 3.6 percent of Canteen Managers and 0.9 percent of Principals reported being dissatisfied or very dissatisfied with the resource.

3.2.2 Fresh Tastes Tool Kit (the ‘Tool Kit’)

The Fresh Tastes Tool Kit, disseminated in Term 3, 2004, was designed as a ‘how to’ guide to provide schools with user-friendly tools to help them plan, promote, manage, implement and review a Fresh Tastes canteen. The accompanying CD-ROM contained a range of templates that could be tailored to meet the needs of individual schools.

The survey measured the reach, utilisation, quality, and confidence value of the Tool Kit. The questions related to utilisation were again only asked of those respondents who reported receiving or seeing the Tool Kit and the remaining questions related to quality, confidence and satisfaction were only asked of those respondents who had received/seen and read the Tool Kit. Where significant, statistical differences between school sector/type/location have been highlighted.
Reach of the resource

The survey found that 69.6 percent of Canteen Managers and 74.2 percent of Principals had either received or seen a copy of this resource. Canteen Managers from rural schools were more likely than those at metropolitan schools to have received or seen a copy of the Tool Kit.

As with the Guide, the Tool Kit was more likely to have been seen by those involved with the organisation or operation of the school canteen. It was also mostly kept in the school canteen, with 78.9 percent of Canteen Managers and 75.3 percent of Principals reporting the Tool Kit was currently located in the school canteen.

Utilisation of the resource

The survey results indicate that 63.2 percent of Canteen Managers had read the entire Tool Kit and a further 32.4 percent had at least read a portion of the Tool Kit. In contrast, only 20.3 percent of Principals reported reading all of the Tool Kit and 57.9 percent reported reading some of it. The main reasons cited for not reading the Tool Kit were lack of time or that the resource had been passed on to someone else in the school.

As with the Guide, only a small proportion of Canteen Managers (29.4%) and Principals (19.2%) had viewed the CD-ROM. Figure 1 shows a summary of the proportion of Canteen Managers and Principals who reported that one or more of the six templates included in the Tool Kit CD-ROM had been used at their school. The most utilised template was the Fresh Tastes menu template. The reported utilisation of the templates by Principals was less than that of Canteen Managers, which could be expected as Canteen Managers are more likely to have used the templates in the organisation and operation of the canteen.

The main reasons for Canteen Managers not viewing the CD-ROM included lack of time (29.4%), lack of access to a computer (24.3%) or that they did not know about the resource or it was passed to someone else in the school (19.6%). For Principals, the main reasons for not viewing the CD-ROM included lack of time (55.5%) or it was passed to someone else in the school (24.0%).

Quality of the resources

Again, the aspects of quality that were measured included usefulness, readability, applicability and relevance. A total of 90.9 percent of Canteen Managers and 93 percent of Principals agreed that the Tool Kit was useful, 92.2 percent of Canteen Managers and 91 percent of Principals thought it was easy to understand, 77.4 percent of Canteen Managers found it easy to apply in practice and 74.8 percent of Canteen Managers and 74.4 percent of Principals found it relevant to the needs of their school.

Improvement in the confidence of the target group

Approximately two thirds (66.7%) of Canteen Managers and 73.4 percent of Principals reported that after reading the Tool Kit they felt confident that their school would be able to meet the requirements of the Fresh Tastes Strategy. Principals from primary schools were more likely than those in secondary schools to agree with the statement “After reading the Tool Kit, I felt more confident that our school canteen could meet the requirements of the Fresh Tastes Strategy”.

Figure 1: Utilisation of CD-ROM templates by Principals and Canteen Managers

<table>
<thead>
<tr>
<th>Template</th>
<th>Canteen Managers</th>
<th>Principals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recipe</td>
<td>11%</td>
<td>5%</td>
</tr>
<tr>
<td>Canteen action planner</td>
<td>14%</td>
<td>7%</td>
</tr>
<tr>
<td>Phasing in new foods</td>
<td>17%</td>
<td>12%</td>
</tr>
<tr>
<td>Canteen improvement checklist</td>
<td>19%</td>
<td>8%</td>
</tr>
<tr>
<td>Canteen policy</td>
<td>21%</td>
<td>9%</td>
</tr>
<tr>
<td>Fresh tastes menu</td>
<td>24%</td>
<td>11%</td>
</tr>
</tbody>
</table>
Satisfaction with the resource and information provided

A majority of Canteen Managers (81.4%) and Principals (85.4%) reported being satisfied or very satisfied with the Tool Kit. Only 3.8 percent of Canteen Managers and less than 1 percent (0.7%) of Principals reported being either dissatisfied or very dissatisfied with the resource.

**3.2.3 Fresh Tastes newsletter (the newsletter)**

A total of three issues of the Fresh Tastes newsletter were published in the period preceding the survey. These were mailed directly to schools, addressed to the Canteen Manager, and available for download from the Fresh Tastes website.

The survey measured the reach, utilisation and quality of the newsletters. The questions related to utilisation of the newsletters were only asked of respondents who reported receiving or seeing the newsletters and the questions related to quality were only asked of those that had received/seen and read the newsletters.

**Reach of the resource**

In total, 59.9 percent of Canteen Managers and 52.2 percent of Principals had received or downloaded copies of the newsletters. Table 2 provides a quick overview of the reach of each of the three newsletters by Principals and Canteen Managers.

**Table 2: Reach of newsletters for both Principals and Canteen Managers**

<table>
<thead>
<tr>
<th></th>
<th>Principals (n=271)</th>
<th>Canteen Managers (n=332)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proportion who saw ISSUE 1</td>
<td>47.2%</td>
<td>60.8%</td>
</tr>
<tr>
<td>Proportion who saw ISSUE 2</td>
<td>40.6%</td>
<td>63.0%</td>
</tr>
<tr>
<td>Proportion who saw ISSUE 3</td>
<td>39.5%</td>
<td>60.2%</td>
</tr>
</tbody>
</table>

**Utilisation of the resource**

Most Canteen Managers (97.5%) and Principals (85.4%) reported they had read the newsletters. The two main reasons sighted for not reading the newsletters were the lack of time and it was passed on to someone else in the school.

**Quality of the resources**

In total, 79.8 percent of Canteen Managers and 87.2 percent of Principals agreed that the information contained in the newsletters was useful, 84.4 percent of Canteen Managers and 81.2 percent of Principals agreed that the newsletters provided them with timely and accurate information and 64.1 percent of Canteen Managers and 54.7 percent of Principals agreed that the newsletters addressed many of the questions and concerns they had about the Fresh Tastes Strategy.

**3.2.4 Websites**

Information about the Strategy including electronic copies of key resources were placed on the websites of key stakeholders in order to increase access to the information and resource materials by the target group.

**Usage of the websites**

Only 30.3 percent of Canteen Managers and 16.8 percent of Principals had used any of the websites to obtain information about the Fresh Tastes Strategy. The most utilised websites were the NSW School Canteen Association website (91.1% of Canteen Managers 63% of Principals who had accessed websites) and the NSW Health website (59.2% of Canteen Managers and 54% of Principals who had accessed websites).

“All of the information we have received has been helpful to our school canteen. We are very proud of the job we are doing to implement the strategies to become a healthier canteen.” Canteen Manager
3.2.5 NSW School Canteen Association (NSWSCA) Resources

The NSW School Canteen Association (NSWSCA) was established in 1991 to help school canteens provide healthier choices for their menu. The NSWSCA offers schools a number of services and resources including: the Healthy Kids magazine; the School Canteen Buyers’ Guide; food expos, the ‘Healthy Kids’ website; fact sheets; and telephone advice. The NSWSCA also works closely with the food industry and offers a registration system of products suitable for sale in school canteens. Many of the services and resources provided by the NSWSCA have added value to the Fresh Tastes Strategy.

The survey measured the reach, utilisation, quality and satisfaction with the services of the NSWSCA. These questions were only asked of Canteen Managers. Again only Canteen Managers who reported being aware of the services offered by the NSWSCA were asked the questions related to utilisation, quality and satisfaction.

Reach of the resources

The survey found that a majority (78.8%) of Canteen Managers were aware of the services and resources of the NSWSCA. When prompted by a list of services/resources a further 58.2 percent had heard about them. In total, 473 (91.1%) Canteen Managers were aware of or had heard of the NSWSCA services and resources. Of this group, 81.2 percent indicated that their school was a member of the Association. Rural schools were more likely to be a member of the NSWSCA than metropolitan schools. Canteen Managers who identified that their school was a member of the NSWSCA were then asked if they had joined the Association in the last twelve months and 15.6 percent indicated that they had joined in this timeframe.

Utilisation and quality of the NSW School Canteen Association’s resources and services

Of those that were aware or had heard about the services provided by the NSWSCA, 65.1 percent had used the services of the Association in the last twelve months. This group was then asked to identify the resources they had used. The School Canteen Buyers’ Guide and the ‘Healthy Kids’ Magazine were the most frequently cited resources as evident in Figure 2.

Canteen Managers who had used the resources listed in the survey were asked to identify their agreement or disagreement with a series of statements about the resources they had used. The level of Canteen Managers’ agreement with each statement is shown in Table 3.
### Table 3: Proportion of Canteen Managers that agree with the statements

<table>
<thead>
<tr>
<th>Statement</th>
<th>All Sectors (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I read the ‘Healthy Kids’ magazine</td>
<td>96.8</td>
</tr>
<tr>
<td>The articles (in ‘Healthy Kids’) are interesting and relevant</td>
<td>88.0</td>
</tr>
<tr>
<td>I have tried one or more of the promotional ideas suggested in the ‘Healthy Kids’ magazine</td>
<td>69.9</td>
</tr>
<tr>
<td>The facts sheets were useful</td>
<td>91.9</td>
</tr>
<tr>
<td>After reading the facts sheets I understood more about the topic I was interested in</td>
<td>87.8</td>
</tr>
<tr>
<td>We have used the Buyers’ Guide to purchase suitable products for our school canteen</td>
<td>90.0</td>
</tr>
<tr>
<td>It is easy to locate specific products within the Buyers’ Guide</td>
<td>86.5</td>
</tr>
<tr>
<td>The Buyers’ Guide has helped our school to plan a menu in line with the FTS</td>
<td>76.9</td>
</tr>
<tr>
<td>I/we often refer to the Buyers’ Guide</td>
<td>73.7</td>
</tr>
<tr>
<td>Our school has been able to access most of the products listed in the Buyers’ Guide</td>
<td>73.3</td>
</tr>
<tr>
<td>The food expos gave me/us some good ideas about healthier products that could be sold in the school canteen</td>
<td>87.0</td>
</tr>
<tr>
<td>I thought there was good variety of products on display at the food expo/s</td>
<td>82.4</td>
</tr>
<tr>
<td>We have started selling some products in our canteen as a result of taste testing or seeing them at the food expo/s</td>
<td>80.6</td>
</tr>
<tr>
<td>The ‘Healthy Kids’ calculator was easy to use</td>
<td>86.1</td>
</tr>
<tr>
<td>The healthier alternatives to RED foods suggested by the calculator were useful</td>
<td>78.7</td>
</tr>
<tr>
<td>I was able to find the information I needed on the website</td>
<td>76.3</td>
</tr>
<tr>
<td>I often use the ‘Healthy Kids’ website</td>
<td>39.5</td>
</tr>
<tr>
<td>I have received the information I called for or was directed to where information could be obtained</td>
<td>83.8</td>
</tr>
<tr>
<td>I often use this (phone) service</td>
<td>46.2</td>
</tr>
</tbody>
</table>

(Note: n = the number of Canteen Managers to whom the statement was presented)

There were three statistically significant differences between the key variables for these responses. Primary schools were more likely than secondary schools to agree with the statement “The Buyers’ Guide has helped our school to plan a menu in line with the Fresh Tastes Strategy”. Not surprisingly then, primary schools were also more likely than secondary schools to agree with the statement “I/we often refer to the Buyers’ Guide”. In addition, rural schools were less likely than metropolitan schools to agree with the statement “Our school has been able to access most of the products listed in the Buyers’ Guide”.

### 3.3 Results of the Short-term Impact Survey

#### 3.3.1 Parameters of canteen operations

**Days of canteen operation**

A majority of canteens (81.9%) in the sample were open for at least 4 to 5 days of the week. Less than 10 percent of canteens in the sample were open for less than 3 days a week. Secondary schools were more likely than their primary counterparts to have an operational canteen 5 days a week. Similarly, metropolitan schools were more likely than rural schools to open their canteen 4-5 days a week.

**Running of canteen**

More than half (60.8%) of the school canteens in the sample were run by parent organisations, 23.2 percent were run by the school and 14.8 percent were leased.
Secondary school canteens were more likely than primary school canteens to be leased (21.5% compared to 10.9%) and school run (30.9% compared to 18.6%). Primary school canteens were more likely than secondary school canteens to be run by the parent organisation (69.3% compared to 46.6%). Similarly, metropolitan school canteens were more likely than their rural counterparts to be leased (28.2% compared to 2.3%) or run by the school (25.8% compared to 20.8%). Rural schools were more likely than metropolitan school canteens to be run by the parent organisation (76.6% compared to 44%).

Government school canteens were more likely than their Non-Government counterparts to be run by a parent organisation (71.4% compared to 26.1% of Catholic and 41.9% of Independent school canteens). Catholic school canteens were more likely to be school run (63% compared to 12.4% of Government and 32.6% of Independent school canteens) and Independent school canteens were more likely to be leased (18.6% compared to 16.5% of Government and 9.8% of Catholic school canteens) than school canteens from the other school sectors.

Canteen staffing

The majority (69.8%) of canteens have a paid Canteen Manager. Most (87.3%) canteens also have volunteers working in the canteen. Less than half utilised student help (39%) and about a third had paid assistants (30.4%). Consistent with the number of canteens that were leased, 13.6 percent were managed by contractors. Given the high proportion of canteens that were run by parent organisations and schools, it is not surprising that volunteers make up the largest group of canteen staff.

Secondary schools canteens were more likely than primary school canteens to have a paid Canteen Manager (92.1% compared to 56.2%) and/or paid assistants (57.1% compared to 14.6%), utilise student help (48.7% compared to 33.2%) or be managed by a contractor (18.8% compared to 10.6%). On the other hand, primary school canteens were more likely than secondary school canteens to have volunteers working in the canteen (92.2% compared to 79.1%).

Metropolitan school canteens were also more likely than rural school canteens to have a paid manager (75.8% compared to 63.8%) and/or paid assistants (41.4% compared to 20.4%) or be managed by a contractor/lessee (25.4% compared to 2.6%) while rural school canteens were more likely than their metropolitan counterparts to have volunteers working in the canteen (96.2% compared to 77.8%) and utilise student help (44.9% compared to 32.7%).

There was one statistically significant difference between school sectors in relation to canteen staffing. Catholic school canteens (95.7%) were more likely than Government or Independent schools (85.7% and 83.7% respectively) to have volunteers working in the school canteen.

All Canteen Managers who reported having volunteers were then asked how many volunteers were available to help out each day. A majority of canteens had two or less volunteers a day (73.1%). Less than 10 percent had four or more volunteers available per day.

When asked if they had sufficient volunteers on their busiest day, over half (53.6%) of the Canteen Managers surveyed reported having the right number of volunteers and 44.4 percent reported having less volunteers than needed. Primary schools were more likely to have the right number of volunteers in their canteen than secondary schools (64.6% compared to 31.8%) and secondary schools were more likely to have less volunteers than needed (66.2% compared to 33.3%).

Vending machines

Canteen Managers were also asked whether their school had vending machines and if they did, how many they had. Overall, 14.8 percent of the schools surveyed had vending machines. Of these, the canteen was responsible for 53.9 percent, private contractors for 57.9 percent, the SRC for 6.6 percent and the school parent organisation for 4.3 percent. Most schools that had vending machines had one (40.8%), followed by two (27.6%), three (21.1%) and 4 or more (10.5%) vending machines.

Secondary schools were much more likely to have vending machines than primary schools (36.1% compared to 2.2%), metropolitan schools were more likely to have vending machines than rural schools (21.8% compared to 8.3%) and Independent and Catholic schools were more likely than Government schools to have vending machines (23.3%, 20.7% and 12.4% respectively).
Financial viability

Canteen Managers were asked about the financial viability of their canteens in the previous 12 months. The majority (67.9%) of Canteen Managers reported that their school had made a profit in the previous 12 months. Secondary school canteens were more likely than primary school canteens to have made a profit (71.7% compared to 65.5%) and a higher proportion of primary school canteens compared to secondary school canteens experienced a loss (9.3% compared to 5.8%) or broke even (14% compared to 7.3%). Rural school canteens were more likely than their metropolitan counterparts to make a profit (74.3% compared to 60.9%). It should be noted that 12.7 percent of Canteen Managers reported that they did not know what the financial status of their school canteen was in the previous 12 months.

Canteen Managers who had reported the school canteen made a profit were also asked for the net profit margin the canteen had recorded in the previous year. The most frequently reported profit range was between $1000-$5000 (24.1%). There was a proportion of Canteen Managers (29.1%) who were unable to recall the profit margin that was made in the previous year.

Tests to measure statistical differences between primary and secondary schools revealed that there were differences between these two groups with regards to profit levels. Given the large number of response categories, it is difficult to accurately determine what the differences are. The results, however, suggest the possibility that a higher proportion of primary schools had made a profit of less than $10,000 and a higher proportion of secondary schools had made a profit of more than $10,000 in the previous year. Table 4 provides details of the profit margins by school type.

Table 4: Profit margins in the previous year by school type

<table>
<thead>
<tr>
<th>Q11 Approximately how much profit did your canteen make for the last year?</th>
<th>Primary</th>
<th>Secondary</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Less than $1000</td>
<td>26</td>
<td>12.3</td>
<td>26</td>
</tr>
<tr>
<td>$1000 – $5000</td>
<td>75</td>
<td>35.5</td>
<td>8</td>
</tr>
<tr>
<td>$5001 – $10,000</td>
<td>29</td>
<td>13.7</td>
<td>15</td>
</tr>
<tr>
<td>$10,001 – $15,000</td>
<td>15</td>
<td>7.1</td>
<td>13</td>
</tr>
<tr>
<td>$15,001 – $20,000</td>
<td>4</td>
<td>1.9</td>
<td>9</td>
</tr>
<tr>
<td>$20,001 – $25,000</td>
<td>1</td>
<td>0.5</td>
<td>12</td>
</tr>
<tr>
<td>$25,001 – $30,000</td>
<td>2</td>
<td>0.9</td>
<td>11</td>
</tr>
<tr>
<td>More than $30,000</td>
<td>1</td>
<td>0.5</td>
<td>23</td>
</tr>
<tr>
<td>Not sure</td>
<td>58</td>
<td>27.5</td>
<td>42</td>
</tr>
<tr>
<td>Total</td>
<td>211</td>
<td>100</td>
<td>133</td>
</tr>
</tbody>
</table>

3.3.2 Progress towards Strategy implementation

The key requirement of the Strategy is limiting the sale of foods and drinks that are high in saturated fat and/or added sugar and/or added salt to no more than two occasions per term. These products lack adequate nutritional value and can contribute to excess kilojoules. They have been defined within the Strategy as RED or “Occasional Foods”. The Canteen Menu Planning Guide provides nutrient criteria for RED products, so Canteen Managers can identify products that fall into this category. This aspect of the Strategy is mandatory for all Government schools and Non-Government schools have also been encouraged to make this change to their canteen menus.

For other aspects of the Strategy a more educative approach has been adopted. The Canteen Menu Planning Guide contains a model of what a Fresh Tastes canteen menu should look like. Within this model two additional categories of foods and drinks are defined: AMBER and GREEN. AMBER foods are those that should be selected carefully by reducing the number of these foods on the menu, selecting healthier alternatives, and avoiding large serving sizes, so that these foods do not dominate the menu. They have some nutritional value, but have moderate levels of saturated fat and/or added sugar and/or added salt and can in large serve sizes contribute to excess energy. GREEN foods are those foods that should be encouraged and promoted and should make up the majority of the menu. GREEN foods are good sources of nutrients, contain less saturated fat and/or added sugar and/or added salt and help to avoid an intake of excess energy. Nutrient criteria have not been defined for AMBER and GREEN foods but a “Ready Reckoner” is provided as a guide to where different types of foods and...
drinks are likely to fit within these categories. All aspects of the Strategy can also be applied to school vending machines.

The *Fresh Tastes Tool Kit* then goes further to illustrate some of the steps schools can take to best achieve a canteen menu that resembles the model outlined in the *Guide*. These steps include:

- Having a school canteen committee that is representative of the school community
- Developing a school canteen policy
- Taking steps to engage the school community in the change process, for example, communication of key aspects of the Strategy to the wider school community including canteen suppliers, parents, students and staff
- Providing education opportunities for the school community regarding nutrition, obesity and the role of the school canteen (as above)
- Promoting healthier products to students and the school community.

The Short-term Impact survey aimed to measure Canteen Managers’ perceptions of their overall progress towards implementation of the Strategy in terms of whether they had made all or some of the changes to meet the requirements of the Strategy, if they were still planning to implement the Strategy or if they did not intend to implement the Strategy. This question relied on Canteen Managers’ interpretations of what constitutes making all or some of the changes required by the Strategy. It is likely that Canteen Managers may have included a range of changes and aspects of the Strategy in addition to limiting the sale of RED foods when answering this question.

Those Canteen Managers that reported they had made all or some of the changes were then asked specific questions related to each of the implementation steps: changes to the canteen menu and vending machines; having a canteen committee, communicating key information about the Strategy to the school community; developing a school canteen policy that incorporates the Strategy requirements; and promoting the healthier products on the canteen menu.

The results for these questions are presented in this section of the report. Where relevant, statistically significant differences between school sector/type/location have been outlined.

**Overall progress towards implementation**

The majority (97.6%) of Canteen Managers reported that their school had made all (56.3%) or some (41.3%) of the changes required by the Strategy. Only a small proportion reported they were still planning the changes (1.4%, n = 7) or were not intending to implement the Strategy (1%, n = 5).

Primary school Canteen Managers were more likely to report having made all of the changes at the time of the survey than secondary school Canteen Managers and secondary school Canteen Managers were more likely than primary school Canteen Managers to report having made some of the changes.

**Progress related to the specific implementation steps**

**Canteen menu changes (RED Foods)**

The majority (82.1%) of Canteen Managers who reported making all or some of the changes reported that they had limited the sale of all RED foods to no more than two occasions per term or identified that none were available previously, 10.2 percent had limited the sale of some RED foods and 7.7 percent had not limited the sale of any RED foods in the canteen. Primary schools were more likely to have limited the sale of all RED foods in the canteen than secondary schools.

Canteen Managers that reported removing some RED foods were asked which product category any remaining RED foods fitted into. The three most common categories of RED foods remaining were confectionary (92.2%); cakes, muffins and sweet pastries (62.7%); and savoury pastries, pasta, pizza and oven baked potato products (56.9%).

**Canteen menu changes (AMBER foods)**

The majority of Canteen Managers (86.5 percent) reported that they had made sure that AMBER foods and drinks did not dominate the menu. Similarly, 87.2 percent of Canteen Managers had used smaller serving sizes for AMBER foods wherever possible. Primary schools were more likely than secondary schools to have made sure AMBER foods did not dominate the menu.
Results continued

Vending machines
A total of 71 Canteen Managers out of the 501 (14.2%) who had made all or some of the changes, reported having one or more vending machines at their schools. Of these, 38 reported that their canteen was responsible for the vending machines. We know from Section 3.3.1 that only 2.2% (n=7) primary schools in the sample had vending machines so most of the results detailed below relate to vending machines in secondary schools.

Overall, 56.8 percent (n=21) of Canteen Managers had removed all RED products from their vending machines, 24.3 (n=9) percent had removed some and 18.9 percent (n=7) had not removed any RED products from their vending machines. Of the 38 Canteen Managers who operated vending machines, 61.1 percent had added AMBER and GREEN items to these vending machines.

Canteen committee
Nearly two-thirds (63.8%) of the Canteen Managers that reported making some or all of the changes reported that their school had a canteen committee. Government schools were more likely to have a canteen committee than Independent or Catholic schools and rural schools were more likely to have a canteen committee than metropolitan schools.

When asked about the types of people on their committee, the four most common types of people were parent organisation representatives (83.2%), canteen volunteers (83.0%), Principals or Deputy Principals (75.1%), and other parent representatives (70.0%). Students were represented on 19.2 percent of canteen committees.

Communication of the Strategy
A majority of schools (79.6%) reported having communicated information about the Strategy to the wider school community. Primary schools were more likely to have done so than secondary schools. The same was true of more rural than metropolitan schools.

When asked about the methods they used to communicate information about the Strategy, the three most common methods used were discussion with local suppliers and distributors (94.2%); discussion at school meetings (88.2%); and updates in the school newsletter (88.0%).

Primary schools were more likely than secondary schools to have: run information sessions; put updates in the school newsletter; discussed the Strategy at school meetings; and placed information about the Strategy on the school website or video. Rural schools were more likely than metropolitan schools to have: run information sessions; discussed the Strategy at school meetings; made school announcements; and discussed changes with school suppliers and distributors. Government schools were more likely than Catholic and Independent schools to have discussed the Strategy at school meetings.

Canteen policy
Overall, 62.5 percent of the Canteen Managers who reported making some or all of the changes reported that their school had a canteen policy. Primary and rural schools were more likely to have a school canteen policy than secondary and metropolitan schools and Independent schools were less likely to have a canteen policy than Catholic and Government schools.

When asked if they had either reviewed their canteen policy to incorporate the Strategy changes or developed a canteen policy as a result of Strategy implementation, just over half (54.6%) of those that reported having a canteen policy (n=313), had either reviewed or developed their canteen policy in response to the Strategy. Metropolitan and primary schools were more likely than rural and secondary schools to report that their policy had been reviewed or developed to incorporate the Strategy changes.

Canteen Managers were also asked about the areas covered in their canteen policy. The four key areas covered in the majority of canteen policies included the operation of the canteen (86.9%), hygiene (85.9%), aims (84.7%) and staffing (78.9%). The type of food and drinks that can be sold in the school canteen was included in 70.9 percent of the canteen policies. Rural schools were more likely than metropolitan schools to have included information about profit in their school canteen policy and primary schools were more likely than secondary schools to have included information about hygiene in their policy.

The questions relating to changes made to vending machines were only asked of Canteen Managers where the school canteen was responsible for the vending machines. In the alternate case the Canteen Manager may not have been able to accurately answer questions about other vending machines in the school.
Promotion of healthier products

The majority (78.3%) of the Canteen Managers who reported making some or all of the changes reported having conducted promotions of healthier food products in the previous 12 months.

When asked about the types of promotion methods used, the two most common methods were signage, posters or displays (85.1%) and advertisements in the school newsletter (82.7%). Primary schools were more likely than secondary schools to use meal deals; special theme days or weeks; adverts in the school newsletter; and competitions. Rural schools were more likely than metropolitan schools to use classroom flyers and announcements by teachers. Independent schools were more likely than Government and Catholic schools to use daily or weekly specials and taste tests.

3.3.3 Barriers and enablers to Strategy implementation

All Canteen Managers were asked a question about barriers to implementation of the Strategy which related to their perceived progress towards implementation. Those that reported making all of the changes necessary to meet the requirements of the Strategy were asked: Did you encounter any problems? and then What type of problems? Those that reported making some but not all of the changes were asked: Are you encountering any problems? and What type of problems? Those that reported they were still planning to make changes were asked: Have any of the following things delayed your progress? Finally, those that reported they were not intending to implement the Strategy were asked: What are the reasons your school does not intend to implement the Strategy?.

The results for these questions will be presented in this section of the report. Given that the number of schools that were still planning or not intending to implement the Strategy was too small for any meaningful analysis to be undertaken only a brief description of the barriers encountered by these groups is provided. The results for those that had made all or some of the changes are presented in more detail. Finally, the series of questions related to Canteen Managers perceptions about the role of the canteen and their agreement with key statements have been reported.

Reasons for non-implementation or delayed implementation of the Strategy

Those Canteen Managers that reported they were not intending to implement the Strategy (n=5) cited lack of demand for the healthy foods (n=1), problems managing change (n=1), staffing issues (n=2), not agreeing with the principles of the Strategy (n=1) and other reasons (n=2) for this decision. The Canteen Managers (n=7) that reported they were still planning to make the changes reported that the following issues had delayed their progress: concern over possible loss of profits (n=1); lack of demand for healthy food (n=1); competition from local shops (n=2); environmental/equipment issues (n=2) and other reasons (n=3).

Problems encountered by full and partial implementers

More than half of the sample (54.7%) of Canteen Managers who reported that they had either made all or some of the changes to meet the requirements of the Strategy had not experienced any problems implementing the Strategy. The four most frequently identified problems by those that did report problems were lack of demand for healthy foods (23.0%), difficulty accessing suitable products (19.0%), lack of support from the school community (13.7%), and actual decrease in profits (10.6%).

Secondary school Canteen Managers were more likely than primary school Canteen Managers to report that lack of demand for healthy foods and competition from local shops were problems. Primary school Canteen Managers were more likely than secondary school Canteen Managers to report that accessing healthy products was a problem.
Results continued

Table 5: Level of agreement on key statements

<table>
<thead>
<tr>
<th>AGREE ONLY</th>
<th>Total</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>At school, students should receive nutrition messages throughout the school that are consistent and reinforce each other, eg fundraising, classroom rewards</td>
<td>463</td>
<td>92.4%</td>
</tr>
<tr>
<td>The canteen should model the nutrition messages that the students have been learning in the classroom</td>
<td>461</td>
<td>92.0%</td>
</tr>
<tr>
<td>A healthy school canteen is a financially viable option</td>
<td>319</td>
<td>63.7%</td>
</tr>
<tr>
<td>We have received a lot of support from our school community in response to the Fresh Tastes Strategy</td>
<td>295</td>
<td>58.9%</td>
</tr>
<tr>
<td>Our canteen has reliable regular access to healthier products through our distributors and suppliers</td>
<td>444</td>
<td>88.6%</td>
</tr>
<tr>
<td>I have noticed that more healthier products are available from suppliers and distributors in the last 12 months</td>
<td>422</td>
<td>84.2%</td>
</tr>
</tbody>
</table>

**Attitudes and Beliefs**

**Role of the canteen**

The second last question in the survey focussed on Canteen Managers’ perceptions about the role of the school canteen. The four most common roles selected by the majority of Canteen Managers were providing a food service (99.6%); providing and promoting healthy food (98.6%); supporting classroom nutrition education (82.8%) and making a profit for canteen needs (75.4%). There were statistically significant differences related to school type and location. Both rural and secondary school Canteen Managers were more likely to have listed making a profit for school needs as role of the school canteen.

**Attitudes towards key statements**

The final survey question aimed to ascertain Canteen Managers’ responses to several key statements about a range of issues surrounding the implementation of the Strategy. The level of agreement with these statements is provided in Table 5.

Primary Canteen Managers were more likely than secondary Canteen Managers to agree that “the canteen should model the nutrition messages that the students have been learning in the classroom”, “a healthy school canteen is a financially viable option”, “they had received a lot of support from our school community in response to the Fresh Tastes Strategy”, and “they had noticed that more healthier products were available from suppliers and distributors in the last 12 months”. Rural Canteen Managers were more likely than metropolitan Canteen Managers to agree that “a healthy school canteen is a financially viable option”.

*The resources are very useful and I often refer to the Guide before, during and after canteen committee meetings to ensure items suggested meet these guidelines.*

_Canteen Manager_
Discussion

4.1 Quality/Process Survey

A key objective of the Strategy was to provide schools with clear and timely information and practical support materials to enable them to implement the requirements of the Strategy. The results of the Quality/Process survey would suggest that this objective has been achieved.

The reach, utilisation, quality, knowledge, confidence and satisfaction with the two main Strategy resources (Canteen Menu Planning Guide and Fresh Tastes Tool Kit) amongst schools in NSW was very high. The vast majority of Canteen Managers and Principals surveyed had received and read some, if not all of the resource material and reported finding it useful and practical. Canteen Managers reported a clear understanding of the Canteen Menu Planning model (RED, AMBER and GREEN) and confidence in applying it to their own menu planning process. The reach, utilisation and satisfaction with the Fresh Tastes newsletters was also high amongst Principles and Canteen Managers with the vast majority of those who received or saw them finding them useful and providing timely and accurate information.

Another important finding is that there were no differences between school sectors in terms of the reach, satisfaction with and utilisation of the key Strategy resources. This is important because another objective of the Strategy was to encourage all schools (Government and Non-Government) to implement the Strategy.

There were however some statistically significant differences between school type (primary and secondary). Primary school respondents were more confident their school could meet the requirements of the Strategy than secondary school respondents and were more likely to agree that the information was relevant to the needs of their school. This is consistent with the results of the Short-term Impact Survey, in which more primary schools reported implementing all of the changes necessary to meet the requirements of the Strategy than secondary schools (discussed later in this Chapter).

The successful distribution and uptake of the Strategy resources may relate to the wide range of opportunities that were used to disseminate and advertise the availability of the resources to the target audiences. These included: information provided to schools by Area Health Service personnel; emails to Principals; journal and magazines articles about the Strategy; media releases and articles; conferences for teachers and Principals; promotional stalls and information sessions at regional trade shows/foods expos for Canteen Managers; and utilising routine mail-outs coordinated by the NSW School Canteen Association for distribution of the newsletters.

In terms of the wider distribution of the resources within schools, most canteen committees (where they existed) had access to the appropriate resources, as had other canteen staff. The reach amongst teachers (approx 30%) was lower than the Principals and Canteen Managers who were the primary target group. There is however scope to work with teachers in the future to support the Strategy and further link the Strategy to the classroom. Curriculum resources are currently being developed for this purpose.

The utilisation of the CD-ROMs attached to resources was not as good. The CD-ROMs included information best suited to being provided in electronic format, for example, a power point presentation that schools could use as well as recipe, menu and other templates/checklists that could be customised at the school level. To a certain degree it was expected that they would not be utilised to the same extent as the written resources, however, the additional cost for their inclusion was modest and it was felt that their potential to ‘add value’ to the Strategy outweighed the associated cost.

The reasons for the under-utilisation of the electronic resources do however provide some insight into the readiness of school canteens for this type of technology. Lack of time was cited as a reason for not viewing the CD-ROMs by both Canteen Managers and Principals. Many Canteen Managers reported that they did not have easy access to the technology required to view the CD-ROMs. It is likely that few canteens are equipped with a computer and the Canteen Manager would have to find time to view the electronic resources elsewhere in the school or at home. It is also possible that respondents were unaware the CD-ROMs contained additional information and tools than was provided in written format.

These findings suggest that not all school canteens would be ready for the use of electronic resources as a primary means of receiving information. However, there is the need to continue to promote the availability of these resources to Canteen Managers and educate them regarding their use. This may be an avenue that Area Health Service personnel can pursue at canteen network meetings, workshops or during individual consultations with Canteen Managers.
The websites were also only accessed by a small proportion of the survey respondents. They were designed to provide an access point to download the written resources. It may be that as Canteen Managers had received a considerable amount of written material as part of the Strategy and from the NSW School Canteen Association, that they did not feel the need to seek out additional web-based information at that time. However, it is important that schools continue to be able to download the resources from websites in case the resources are misplaced over time or new staff members need to access information about the Strategy in the future.

The NSW School Canteen Association’s resources and services received a very positive evaluation by Canteen Managers with the vast majority utilising the resources provided by the Association and recording high levels of satisfaction with them. The NSWSCA has been operating since 1992 and already had a strong presence in NSW prior to the implementation of the Strategy. It is encouraging that its services are well recognised and utilised by Canteen Managers.

4.2 Short-term Impact Survey

4.2.1 Canteen operation and management practices

The results of the Short-term Impact Survey related to canteen operation and management practices were very similar to those reported in a NSW survey of 74 Canteen Managers that was completed in April 2004\(^1\). School canteens operate in a variety of ways in terms of opening hours, staffing arrangements and management. In general, most canteens are open on four or more days a week, are heavily reliant on volunteer labour but are profitable businesses. Differences in canteen operations are most marked between primary and secondary school canteens.

4.2.2 Progress towards implementation of the Strategy

The key finding of the Short-term Impact Survey is that nearly all of the Canteen Managers surveyed reported that they had made all or some of the changes to meet the requirements of the Strategy. Very few reported that they were not implementing the Strategy or were still planning the changes. Primary schools were more likely to report that they had made all of changes required to meet the Strategy requirements than secondary schools. Therefore secondary schools may require more support and attention in the future to encourage further progress.

These results are very encouraging as are the results related to progress against each of the key implementation processes that were identified in the survey: canteen menu changes; having a school canteen committee that is representative of the school community; developing a school canteen policy; taking steps to engage the school community in the change process; providing education opportunities for the school community regarding nutrition, obesity and the role of the school canteen; and promoting healthier products to students and the school community.

Canteen menu changes

The key requirement of the Strategy is limiting the sale of all RED products to no more than two occasions per term. In total, 82.1 percent of the Canteen Managers who had made some or all of the changes had limited the sale of all RED products. This in itself is a very positive finding particularly when the results of this survey are compared to a survey of Canteen Managers that was completed in April 2004, (approximately one year prior to the current survey and before Canteen Managers had access to the Canteen Menu Planning Guide). At this time only 45 percent of the Canteen Managers had removed products from sale in the school canteen for health reasons, most of which were RED products\(^1\).

It therefore appears that a great deal of progress has been made during the first year of Strategy implementation. It also appears that the first Strategy objective which is to limit the sale of foods low in nutritional value and high in saturated fat, energy (kJ), added sugars and/or salt (RED products) to no more than twice per term has been largely achieved. There is however still scope to encourage all schools to limit the sale of RED products.

The removal of RED products from vending machines has been less successfully implemented. Just over half of the Canteen Managers that reported implementing the Strategy had removed all of the RED products (n=21) from the vending machines they operated and a further nine had removed some RED foods. The data collected did however suffer from the small number of Canteen Managers (n=38) that were responsible for one or more vending machines at their school. It is possible that Canteen Managers are finding it harder to find suppliers that provide products that fit in to the AMBER and GREEN categories for vending machines or do not understand that vending machines fall within the requirements for implementation of the Strategy.
Over 80 percent of Canteen Managers had made sure that AMBER products did not dominate the menu and that they used smaller serving sizes for AMBER products where possible. In addition, about two thirds of Canteen Managers had added AMBER and GREEN products to their vending machines. These results suggest that Canteen Managers are moving towards introducing canteen menus that incorporate the key aspects of the Canteen Menu Planning Model.

Canteen committee

About two thirds of the schools implementing the Strategy had a canteen committee. This proportion has not changed a great deal since the April 2004 survey of Canteen Managers and as with this survey, teachers and students were under-represented on these committees. Government schools were more likely to have a canteen committee, which is consistent with the operational climate at Government schools, in which the canteen committee is often a sub-committee of the larger Parents and Citizens Committee (P&C) that exists in all Government schools. Independent schools are more likely to have a leased canteen and Catholic school canteens are more likely to be school run. There may be scope to encourage more schools to form a canteen committee to support the implementation of the Strategy and maintain its momentum but the operational environment of individual schools needs to be considered in this process.

Canteen policy

Canteen policies have been identified as an effective way to guide schools towards providing a healthy canteen menu\(^2,3,4\). About two thirds of the Canteen Managers who reported implementing the Strategy reported their school had a canteen policy and the proportion with policies had not changed substantially from the previous Canteen Manager Survey\(^1\). Secondary, rural and Independent schools were less likely to have a canteen policy. It also appears that only just under half of the policies had been reviewed or developed to incorporate the Strategy requirements. In keeping with this finding, less than half of the canteen policies had been developed using the policy template contained in the Tool Kit CD-ROM. Not surprisingly then only two thirds of the canteen policies contained information about the types of foods and drinks that could be sold in the canteen and less than half contained information about how products should be promoted.

In terms of future implementation of the Strategy it appears that there is scope to further encourage and support more schools to develop a policy that is consistent with the Strategy requirements.

Communicating information about the Strategy to the school community

Nearly 80 percent of Canteen Managers who reported they were implementing the Strategy reported communicating information about the Strategy to the wider school community. This is a promising result given that two of the objectives of the Strategy are to educate the school community with regard to childhood obesity and the role of the school canteen, and to engage all sectors of the school community in the change process.

Healthier product promotions

The proportion of schools that had completed healthier product promotions was also a very promising result. More than three quarters had done so compared to fewer than half of the Canteen Managers in the 2004 survey\(^1\). Again this relates to one of the other objectives of the Strategy, which is to promote the sale of nutrient dense foods in school canteens.

4.2.3 Barriers and enablers to implementation of the Strategy

In terms of barriers more than half of those Canteen Managers that reported implementing the Strategy had not encountered any problems in doing so. This is similar to the 2004 survey of Canteen Managers in which just over half reported that they had found that no factors had stopped them from providing healthy food choices\(^1\). The most commonly reported barriers in the current survey were: lack of demand for healthy foods (10.4%), difficulty accessing suitable products (8.6%), lack of support from the school community (6.9%), and actual decrease in profits (4.8%). These problems have been cited by other surveys in regard to the provision of healthier food choices\(^1,5,6\).

Secondary school Canteen Managers were more likely than primary school Canteen Managers to report that lack of demand for healthy foods and competition from local shops were problems. Primary school Canteen Managers were more likely than secondary school Canteen Managers to report that accessing healthy products was a problem.

Another positive finding of the surveys was that Canteen Managers’ attitudes towards the role of the school canteen...
may have changed since the 2004 Canteen Manager Survey. Just over half (57%) of the Canteen Managers in 2004 believed that supporting classroom nutrition education was a role of the school canteen compared to over 83 percent in 2005. Similarly, providing and promoting healthy food was reported as a role of the school canteen by 91 percent of respondents in the 2004 survey compared to 99 percent in the current survey.

“*My Canteen Manager has done a wonderful job ensuring that the school canteen met all the guidelines by the start of 2005. The canteen follows all the requirements and the students are offered healthy choices. Obviously, there is more time involved in the preparation of healthy food, but the outcomes for students are terrific. The staff are also raving about the food choices.*”

School Principal

4.3 Limitations of the study

The major limitation of this study is the potential for response bias in that a 60 percent response rate was achieved. A number of processes were put in place to increase school recruitment and some of the schools that did not wish to participate were asked the reason for this. None gave non-implementation of the Strategy as a reason for not participating in the study.

To be included in the study both the Principal and the Canteen Manager from each school had to agree to participate and the Canteen Manager had to agree to complete two surveys over approximately a two-month period. These requirements may have deterred some schools from participating.

However, the response rate achieved for this study is very good in comparison to other studies of school canteens. A 1998 Queensland survey achieved a 25 percent response rate; a 2004 SA survey achieved a 22 percent response rate; and a 2004 Victorian survey achieved a 58 percent response rate. All of these surveys were written surveys, the first two completed by the Canteen Manager and the latter completed by a variety of respondents in the school, including in some cases the Principal. Only the latter utilised a random sampling frame, the others were mailed to all schools in the State.

The sample was also largely representative of the study population. Although there was a slight under recruitment of Catholic and Independent Schools and an over-recruitment of Government schools, this is unlikely to have had a significant impact on the overall results related to progress towards implementation.

A second limitation of this study is its lack of ability to comment on or describe those school canteens that had either not commenced implementation or were not intending to implement the Strategy. The small numbers in both these groups did not allow any representative conclusions to be drawn about the barriers to implementation for these groups or to profile them in any meaningful way.

A further limitation of the study is that the questions, particularly regarding menu changes and overall progress towards implementation, relied on Canteen Managers’ impressions and perceptions of the changes they had made. Canteen Managers were not quizzed about their knowledge of the food categories outlined in the Strategy, as this would have been intimidating to some and it was not expected that Canteen Managers would have memorised this information and so they would have needed to refer to the written resources. Direct recording of the nutrient information on the products sold in school canteens may be the only way to verify that the changes reported by Canteen Managers had actually been made.
Conclusion

The evaluation results demonstrate that the dissemination and uptake of the Strategy resources and support materials has been excellent and has provided schools with the knowledge and motivation to make changes in line with the Strategy requirements. The vast majority of Canteen Managers understand the RED, AMBER, GREEN menu-planning tool and have limited the sale of all RED foods.

There is also a widespread move to adopting a range of practices that support the change process and will sustain it in the long term. This includes the establishment of canteen committees, school canteen policies, involvement of the school community and promotion of healthier products. All of these practices are outlined and encouraged in the Fresh Tastes Tool Kit with additional support provided by the NSW School Canteen Association.

Another important finding is the shift in attitude with regard to the role of the canteen. The majority of Canteen Managers surveyed agree that the canteen plays an important role within the school in supporting the curriculum and improving the nutritional health of children and young people. This change in attitude is vital to the long-term success of the Strategy.

Overall the Strategy has a very significant and positive impact on school canteens. It is likely that the process of change will continue in the longer term provided schools continue to receive appropriate support.

This has been a very worthwhile project and has been of great assistance to our canteen staff. I will follow up on access to the CD-ROMs, which should be very useful.

Canteen Manager

Implications and recommendations:

1. Continue to assist Canteen Managers to utilise the existing Strategy CD-ROM materials and other electronic resources.

2. Continue to employ multiple communication methods to ensure that any future Strategy resources and materials reach the target audience.

3. Encourage Canteen Managers to use the Canteen Improvement Checklist in the Fresh Tastes Tool Kit to review their canteen and plan future changes. Requiring schools to periodically report on their progress through existing reporting channels may also aid this process.

4. Encourage schools to establish a canteen committee and develop a canteen policy that incorporates the Strategy requirements and guides everyday practice.

5. Further engage teachers and students in the Strategy in order to maintain its momentum. Developing links to the curriculum will assist in this process.

6. Encourage schools that report barriers to implementation to utilise the additional support services that are available, including Area Health Services, canteen network meetings, the NSW School Canteen Association, and the NSW Healthy School Canteen TAFE course.

7. Support the NSW School Canteen Association to continue to work with manufacturers and distributors to develop products suitable for the canteen market and improve canteens’ access to these products.

There are many opportunities for further research in this area, including: to further investigate the barriers faced by those schools that are choosing not to implement the Strategy or have not yet made the required changes; to investigate the relationships between demand, marketing and profit in school canteens; to investigate the types of foods available in NSW school canteens and the volumes of food sold to students; to investigate the changes being made by manufacturers and distributors in response to the Strategy; to study the influence of the Strategy on student purchasing behaviour and their knowledge of nutrition; and to study the influences of the Strategy on the nutritional intake of students.
References


6. Aiken J and Pearson K. *Results of the Western Sydney Primary School Canteen Project*. Western Sydney Area Health Service (not published) 1996.


Appendices
Appendix 1
Information package and Fax Back Form

Dear «PRINCIP»

We are writing to seek your school’s support for two important surveys to evaluate the NSW Healthy School Canteen Strategy:

1. A Quality/Process Survey (Term 1, 2005); and

These Surveys have been endorsed by the School Canteen Advisory Committee, which includes representatives of NSW Health, NSW Department of Education and Training, Association of Independent Schools, Catholic Education Commission, Federation of Parents and Citizens’ Associations of NSW, Council of Catholic School Parents and the NSW School Canteen Association. It is funded and has been commissioned by NSW Health. The surveys will be administered in a random sample of 550 NSW Schools with school canteens.

The first survey (Quality/process Survey), will consider the quality and reach of the Strategy communication methods and support materials. The second survey (Short-term Impact Survey), will collect information on the changes that might be expected as part of the Strategy implementation. Additionally these surveys aim to determine the barriers and enablers to implementation, whether schools require further support and what form this support should take.

Your school has been randomly selected as part of the survey process and invited to participate. To participate, both the Principal and the canteen manager/parent body representative from your school will need to agree to complete the surveys.

Principals are asked to complete only the Quality/Process Survey (March 2005), which will take up to 20 minutes and will be administered via an e-mail survey system. This system allows Principals to complete the survey in more than one sitting if necessary and then send it via a web-link to the agency that will be conducting the surveys. The responsibility for completing this survey can be delegated to an executive staff member if they have been more involved in canteen matters than you have.

Canteen managers/parent body representatives are asked to complete both the Quality/Process Survey (March 2005) and the Short-term Impact Survey (May 2005). Both of these surveys will take up to 20 minutes and will be administered by telephone. Canteen Managers will be offered the flexibility to choose a time that is suitable to them to complete these surveys and can be contacted on more than one occasion for each survey if required.

In order to participate your school will need to commit to completing each of the surveys described above. Please take your time to consider the attached information and feel free to contact the survey organisers should you have any questions. A fax back form has been provided for you to indicate whether your school wishes to participate.

We greatly appreciate your support and encourage your schools participation in these important surveys.

Yours sincerely,

Elizabeth Develin
Manager, Nutrition and Physical Activity Branch
Centre for Chronic Disease Prevention and Health Advancement

March 2005
Project Details

Two surveys have been commissioned to evaluate the NSW Healthy School Canteen Strategy:

1. Quality/Process Survey (Term 1, 2005); and
2. Short-term Impact Survey (Term 2, 2005)

The first survey (Quality/Process Survey), will consider the quality and reach of the Strategy communication methods and support materials (whether canteen managers and principals received these materials and what they thought of them). The second survey (Short-term Impact Survey), will collect information on the changes that might be expected as part of the Strategy implementation. Some questions about how your school canteen operates will also be asked in this survey. Additionally these surveys aim to determine the barriers and enablers to implementation, whether schools require further support and what form this support should take.

These Surveys have been endorsed by the School Canteen Advisory Committee, which includes representatives of NSW Health, NSW Department of Education and Training, Association of Independent Schools, Catholic Education Commission, Federation of Parents and Citizens' Associations of NSW, Council of Catholic School Parents and the NSW School Canteen Association.

Who is being asked to participate?

A random sample of Government and Non-Government schools with canteens in NSW will be asked to participate. In total 550 schools will be surveyed.

Your school has been selected as part of this random sample and invited to participate. To participate, both the Principal and the canteen manager/parent body representative from your school will need to agree to complete the surveys. Principals will only be asked to complete the quality/process survey, while canteen managers/parent body representatives will be asked to complete both. This is because the first survey will focus on the Strategy support materials, while the second survey will ask more detailed information about canteen operations.

By Principal we mean the school principal or an executive staff member (if they have been more involved with canteen matters than the Principal). By canteen manager/parent body representative we mean the person who is most involved in the running of the school canteen at your school.

What will be required of participating schools?

The requirements of the Principal and canteen manager will be different.

Requirements of Principals

Principals, we ask that you:

• Make a decision about whether it is appropriate for your school to participate in these surveys
• Ensure that the canteen manager/parent body representative at your school receives this ‘Fact Sheet’
• Seek the agreement of your schools canteen manager/parent body representative to participate
• Use the number provided below should you require more information about these surveys
• Send in the ‘Fax Back Form’ to indicate whether your school is willing to participate. Please ensure all of the requested information (e-mail address for the person that is to complete the Principal survey and contact details for the canteen manager/parent body representative details, including best time to contact) is included as this will make it easier for the research agency to make contact with the appropriate personnel at your school
• Complete the Principals version of the Quality/Process Survey (or delegate this responsibility to a senior staff member). This survey will be sent via e-mail in March 2005 and will take up to 20 minutes.

The e-mail survey system that will be used allows you to complete the survey in a number of sittings if necessary. The survey tool is pre-programmed to skip questions that become redundant due to a previous answer, thus minimising your reading time. The survey tool is accessed via a web-link and all of the information you record
during the survey is automatically downloaded for the purposes of data analysis under the unique identifier number that has been assigned to your school. This insures that the information you enter contains no personally identifying information. This survey tool is very user friendly, but you will be provided with easy to understand instructions regarding its use.

If you choose to participate, you will initially have seven working days to complete this survey but reminder e-mails and phone calls will be made if you are unable to complete the survey in this time.

Requirements of Canteen Managers/parent Body Representatives

Canteen managers/parent body representatives, we ask that you:

• Read the project ‘Fact Sheet’
• Use the numbers provided below should you require more information about these surveys
• Provide your contact details, including the best time for contact so this can be included on the fax back form. The confidentiality of this information is assured, it will only be used to arrange a suitable appointment with you to complete the surveys.
• Complete two telephone surveys of 20 minutes length each. These will be completed in March and May 2005 respectively.

The use of a telephone system for these surveys means that you can be sure your answers will be recorded correctly as the operator will be able to double check your responses and you will be able to clarify the questions if required. You will be offered the opportunity to make an appointment to complete the survey at a time that suits you. This may be in the evening if you choose. You will also have the chance to finish the surveys at a later date if you are interrupted during your first appointment. All of your answers will be automatically stored on a computer program so none of the information can be lost. This also means the information you give is anonymous and you will not be personally identified in anyway once you have given your answers.

Contact Numbers

Hunter Valley Research Foundation has been commissioned to complete this project. They have an excellent reputation and extensive experience in the completion of similar surveys. More information about the Hunter Valley Research Foundation can be found on their website http://www.hvrf.com.au

Should you require further information about these surveys please contact:

Ms Robyn Newson, Nutrition and Physical Activity Branch, NSW Health on 02 9391 9094

or

Ms Shanthi Ramanathan at Hunter Valley Research Foundation on 02 4969 4566.
FAX BACK FORM

School Name: __________________________________________________________

We would like to participate in these surveys?

Tick Box: ☐ Yes ☐ No

Principal’s Details

Name: ___________________________________________________________

E-mail Address: ______________________________________________________

Phone number: _____________________________________________________

Canteen Manager’s/Parent Body Representative’s details

Name: ___________________________________________________________

Position: _____________________________________________________________

Contact number/s: _____________________________________________________

Availability (day/time most likely to be available): __________________________

FAX FORM BACK TO: 02 4961 4981 – attention Ms Shanthi Ramanathan.
All of the information contained on this form will be kept strictly confidential
Appendix 2
Letter to Government School P&C Associations and Catholic School P&F Associations

The Secretary,

Re: NSW Healthy School Canteen Evaluation

A letter and information package has been sent to your school’s Principal to seek your school’s support for two important surveys to evaluate the NSW Healthy School Canteen Strategy:

1. A Quality/Process Survey (Term 1, 2005); and

We are also writing to you so that the your school’s Parent and Citizens/Parents and Friends Association is aware that your school has been invited to participate in these surveys. In total, 500 randomly selected NSW schools with school canteens will be surveyed.

The first survey (Quality/process Survey), will consider the quality and reach of the Strategy communication methods and support materials. The second survey (Short-term Impact Survey), will collect information on the changes that might be expected as part of the Strategy implementation. Additionally these surveys aim to determine the barriers and enablers to implementation, whether schools require further support and what form this support should take.

To participate, both the Principal and the canteen manager/parent body representative from your school will need to agree to complete the surveys. Principals will only be asked to complete the quality/process survey, while canteen managers/parent body representatives will be asked to complete both. This is because the first survey will focus on the Strategy support materials, while the second survey will ask more detailed information about canteen operations.

Canteen manager/parent body representatives will be surveyed by telephone and each survey will take no more than 20 minutes to complete. Canteen managers/parent body representatives will be offered the flexibility to choose a time that is suitable to them to complete these surveys and they can be contacted on more than one occasion for each survey if required.

If you would like more information about these surveys please discuss the matter with your school Principal. We greatly appreciate your support and encourage your schools participation in these important surveys.

Yours sincerely,

Elizabeth Develin
Manager, Nutrition and Physical Activity Branch
Centre for Chronic Disease Prevention and Health Advancement

March 2005
Hello, my name is _________. We’re calling Canteen Managers on behalf of NSW Department of Health for the NSW Healthy School Canteen Strategy. We’ve sent letters to your school about this survey and your Principal has given permission for you to participate.

The aim of this survey is to find out whether you received the support and communication materials that have been produced for the Strategy, how you have used them and whether you are satisfied with their quality and content.

The survey will also provide information about what additional support materials may be needed by schools. Your answers to the questions in this survey will not be individually identified.

The survey will take approximately 20 minutes. Can you help us with this study?

Recruited respondents are asked the following questions

The NSW Healthy School Canteen Strategy has also been called Fresh Tastes @ School. The next sections ask questions about some of the support materials that have been produced specifically for the Strategy.

The Fresh Tastes Canteen Menu Planning Guide was the first of the resource materials sent to schools in April and June 2004. It was orange and green in colour and contained the canteen menu planner a description of the RED, AMBER and GREEN food categories, the ‘occasional’ food criteria and the ready reckoner.

Q1A. Did you receive a copy of this resource?
1. YES
2. NO
3. 8. NOT SURE

Q1B. Have you seen a copy of this resource?
1. YES
2. NO
3. 8. NOT SURE

Q2. Where is this resource currently located at your school?
(ALLOW MORE THAN ONE RESPONSE. PROMPT WITH CODES OR CONFIRM IF NECESSARY)
1. Principals Office
2. School Office
3. In the canteen
4. School Library
5. Teachers staff room
6. With the canteen committee
7. With the P &C/P&F/Parent organisation
   ... Somewhere else?
8. At home
9. Other
88. DON'T KNOW

Q3. Who else on this list has seen this resource at your school? (READ OUT EACH ITEM)
1. YES 2. NO 8. DON'T KNOW/NOT SURE
   # Principal
   # P&C/P & F/Parent organisation
   # Canteen manager/supervisor/lessee
   # Paid canteen staff
   # Canteen volunteers
   # PDHPE teachers
   # Food Technology teachers
   # Other teachers
   # SRC/student representatives

Q3A. Has any other relevant person seen the resource?
1. YES
2. NO
3. 8. DON'T KNOW/NOT SURE

Q3B. Who is this person/Who are these people?

Q4. How much of the Fresh Tastes Canteen Menu Planning Guide did you read?
1. All of it
2. Some of it
3. None of it
8. DON'T REMEMBER
Q5. What was the main reason you did not read this resource? (LIMIT TO ONE RESPONSE. PROMPT FOR MAIN REASON)

1. I did not have time
2. The resource was passed onto someone else in the school
3. I didn’t think I needed to read it/it wasn’t relevant to me
4. We are not planning to implement the Strategy at our school
5. DON’T KNOW

Q6. How would you rate your overall satisfaction with this resource? (READ ITEMS AS PRESENTED)

1. Very dissatisfied
2. Dissatisfied
3. Undecided
4. Satisfied
5. Very satisfied
6. DON’T KNOW

Q7A-E. Do you “agree or disagree” with the following statements:

1. Disagree
2. No opinion/undecided
3. Agree

The information in this resource (REPEAT IF NECESSARY)

# was useful,
# was easy to understand,
# was easy to apply in practice,
# was relevant to the needs of my school,
# improved my knowledge of nutrition.

Q7F-I. Do you agree or disagree with the following statements:

1. Disagree
2. No opinion/undecided
3. Agree

After reading this resource ...

# I was confident I could determine if a product was a RED food
# I understood what types of products fitted into the AMBER and GREEN categories
# I understood what a Fresh Tastes canteen menu should look like
# I felt confident that our school canteen could meet the requirements of the Fresh Tastes Strategy

Q7J. How often do you refer to this resource, would it be... (READ SCALE AS PRESENTED)

1. Never
2. Rarely
3. Sometimes
4. Often
5. All the time

Now I am going to ask you some questions about the CD-ROM that came with this resource.

Q8. Did you view the CD-ROM?

1. YES
2. NO
3. DON’T KNOW

Q9. What was the main reason you did not view the CD-ROM? (LIMIT TO ONE RESPONSE. PROMPT FOR MAIN REASON)

1. I did not have time
2. It was passed onto someone else in the school
3. I didn’t think it would be useful/relevant to me
4. We are not planning to implement the Strategy at our school
5. Not sure how to use it
6. Did not have access to a computer
7. Could not get it to work on my computer
8. Thought it was the same as the hard copy
9. Other reasons

Q10. Did anyone at your school use the presentation on the CD-ROM to inform the school community about the Fresh Tastes Strategy?

1. YES
2. NO
3. NOT SURE

Now I am going to ask you some questions about the Fresh Tastes Tool Kit and CD-ROM. This was the second resource that was sent to all schools in Sept 2004. It was green and blue in colour and contained a number of tools to assist schools to plan promote, manage, and implement a Fresh Tastes canteen.
Q11A. Did you receive a copy of this resource?
1. YES
2. NO
8. NOT SURE

Q11B. Did you see a copy of this resource?
1. YES
2. NO
8. NOT SURE

Q12. Where is this resource currently located at your school? (ALLOW MORE THAN ONE RESPONSE)
1. Principals Office,
2. School Office,
3. In the canteen,
4. School Library,
5. Teachers staff room,
6. With the canteen committee,
7. With the P&C/P & F/Parent organisation
... Somewhere else?
8. At home
9. Other location

Q13. Who has seen this resource at your school?
1. YES 2. NO 8. DON'T KNOW/NOT SURE
7. NOT APPLICABLE
# Principal
# P&C/P & F/Parent organisation
# Canteen manager/supervisor/lessee
# Paid canteen staff
# Canteen volunteers
# PDHPE teachers
# Food Technology teachers
# Other teachers
# SRC/student representatives

Q13A. Has any other relevant person seen the resource?
1. YES
2. NO
8. DON'T KNOW / NOT SURE

Q13B. Who is this person/are these people?
_____________________________________________

Q14. How much of the Fresh Tastes Tool Kit did you read?
1. All of it
2. Some of it
3. None of it
8. DON'T REMEMBER

Q15. What was the main reason you did not read this resource? (LIMIT TO ONE RESPONSE. PROMPT FOR MAIN REASON)
1. I did not have time
2. The resource was passed onto someone else in the school
3. I didn’t think I needed to read it/it wasn’t relevant to me
4. We are not planning to implement the Strategy at our school
88. DON'T KNOW

Q16. How would you rate your overall satisfaction with this resource?
1. Very dissatisfied
2. Dissatisfied
3. Undecided
4. Satisfied
5. Very satisfied
8. DON'T KNOW

Q17A-E. Do you agree or disagree with the following statements:
1. Disagree    2. No opinion/undecided    3. Agree
The information in this resource
# was useful,
# was easy to understand,
# was easy to apply in practice’
# was relevant to the needs of my school,

Q17E. Do you agree or disagree with the following statement:
1. Disagree    2. No opinion/undecided    3. Agree
# After reading this resource I felt confident that our school canteen could meet the requirements of the Fresh Tastes Strategy.

Q17F. How often do you refer to this resource, would it be?
1. Never
2. Rarely
3. Sometimes
4. Often
5. All the time
Now I am going to ask you some questions about the CD-ROM that came with this resource.

Q18. Did you view the CD-ROM?
1. YES
2. 2. NO
3. 8. NOT SURE

Q19. What was the main reason you did not view the CD-ROM? (LIMIT TO ONE RESPONSE, PROMPT FOR MAIN REASON)
1. I did not have time
2. It was passed onto someone else in the school
3. I didn't think it would be useful or relevant to me
4. We are not planning to implement the Fresh Tastes Strategy at our school
5. Not sure how to use it
6. Did not have access to a computer
7. Could not get it to work on my computer
8. I thought it was the same as the booklet
9. Other reason
88. DON'T KNOW

Q20. Which templates from the CD-ROM have been used at your school?
1. YES 2. NO 8. DON'T KNOW
9. KNOW NOTHING ABOUT TEMPLATES
# Canteen Improvement Checklist template
# Canteen Action Planner template
# Phasing in New Foods template
# Fresh Tastes Menu template
# Recipe template
# Canteen Policy template

Q21. Did you receive, download or see a copy of any of these Newsletter/s?
1. YES 2. NO 8. DON'T REMEMBER
# Received (MAILED, E-MAILED, DISTRIBUTION LIST ETC.)
# Downloaded (DOWNLOADED BECAUSE HEARD ABOUT IT / SAW A COPY)
# Saw copy/copies

Q22. Which issue of the Fresh Tastes Newsletter do you remember seeing?
1. YES 2. NO 8. DON'T REMEMBER
# Issue 1
# Issue 2
# Issue 3

Q23. Did you read the Newsletters?
1. YES 2. NO 3. 8. NOT SURE

Q24. What was the main reason you did not read the newsletter/s? (LIMIT TO ONE RESPONSE, PROMPT FOR MAIN REASON)
1. I did not have time
2. It/they were passed onto someone else in the school
3. I didn't think it/they were relevant to me
4. We are not planning to implement the Strategy at our school

Q25. Do you disagree or agree with the following statements:
1. Disagree 2. No opinion/undecided 3. Agree
# The information contained within the Newsletters was useful
# The newsletter/s provided me with timely and accurate information about the Fresh Tastes Strategy
# The Newsletters addressed many of the questions and concerns I had about the Fresh Tastes Strategy

Q26. Have you used any websites to obtain information about the Fresh Tastes Strategy?
1. YES 2. NO 8. NOT SURE / DON'T REMEMBER

Q27. Which website/s did you use to obtain information regarding the Strategy? (READ OUT EACH SITE)
1. YES 2. NO 8. DON'T REMEMBER
# NSW Department of Health
# NSW Department of Education and Training
# Catholic Education Commission
# Association of Independent Schools
# NSW School Canteen Association
# Federation of P&C Associations of NSW
Any Others?
Now I would like to ask you some questions about the NSW School Canteen Association.

Q29A. Are you aware of the services and resources offered by the NSW School Canteen Association?
1. YES
2. NO
8. DON'T KNOW

The NSW Canteen Association produces a number of resources for schools including the School Canteen Buyers Guide and the ‘Healthy Kids’ magazine. They also have a website which contains information about their services, fact sheets and the healthy kids calculator that can be used to identify ‘RED Foods’. Additionally they provide telephone advice and run food expos. Three food Expos have been organised by the NSW School Canteen Association in the last 12 months – one at Blacktown and Harold Park Raceway in Sydney and the third in Dubbo.

Q29B. Have you heard about these activities and services?
1. YES
2. NO
3. 8. DON'T KNOW

Q29C. Is your school a member of the NSW School Canteen Association?
1. YES
2. NO
8. DON'T KNOW

Q30. Did your school become a new member of the NSW School Canteen Association for the first time in the last 12 months?
1. YES
2. NO
8. DON'T KNOW

Q31. Have you used any of the services or resources offered by the NSW School Canteen Association in the last 12 months?
1. YES
2. NO
8. DON'T KNOW

Q32. What are the reasons why you have not used the NSW School Canteen Association’s services and resources?
1. I didn’t know about them
2. I don’t have time to find out about them
3. I don’t have access to a computer
4. I didn’t think they would be useful
5. I already know where to get healthier products
6. The cost of membership
7. I thought you had to be a member of the Association to use their services
8. Did not need to
9. Other access/barriers

Q33. Which of the following resources or services have you or members of the canteen committee used in the last 12 months?
1. USED 2. NOT USED 8. DON'T REMEMBER
# NSWSCA website
# ‘Healthy Kids’ Calculator
# Facts Sheets
# School Canteen Buyers Guide
# Food expos (held at Blacktown, Harold Park Raceway and Dubbo)
# Telephone advice
# ‘Healthy Kids’ magazine

Q34A_B. Do you agree or disagree with the following statements:
1. Disagree 2. No opinion/undecided 3. Agree
# I was able to find the information I needed on the website
# I often use the ‘Healthy Kids’ website

Q34C_D. Do you agree or disagree with the following statements:
1. Disagree 2. No opinion/undecided 3. Agree
# The Healthy Kids calculator was easy to use
# The healthier alternatives to RED foods suggested by the calculator were useful

Q34E_F. Do you agree or disagree with the following statements:
1. Disagree 2. No opinion/undecided 3. Agree
# The fact sheets were useful
# After reading the fact sheet/s I understood more about the topic I was interested in
Q34G_K Do you agree or disagree with the following statements:
1. Disagree  2. No opinion/undecided  3. Agree
# It is easy to locate specific products within the Buyers’ Guide
# We have used the Buyers’ Guide to purchase suitable products for our school canteen
# The Buyers’ Guide has helped our school to plan a menu in line with the Fresh Tastes Strategy
# If/We often refer to the Buyers’ Guide
# Our school has been able to access most of the products listed in the Buyers’ Guide

Q34L_N. Do you agree or disagree with the following statements:
1. Disagree  2. No opinion/undecided  3. Agree
# The food expo/s gave me/us some good ideas about healthier products that could be sold in the school canteen.
# I thought there was a good variety of products on display at the Food Expo/s
# We have started selling some products in our canteen as a result of taste testing or seeing them at the Food Expo/s

Q34O_P. Do you agree or disagree with the following statements:
1. Disagree  2. No opinion/undecided  3. Agree
# I received the information I called for or was directed to where the information could be obtained
# I often use this service

Q34Q_S. Do you agree or disagree with the following statements:
1. Disagree  2. No opinion/undecided  3. Agree
# I read the ‘Healthy Kids’ magazine
# The articles are interesting and relevant
# I have tried one or more of the promotional ideas suggested in the ‘Healthy Kids’ Magazine

Q35. How would you rate your overall satisfaction with these resources/services offered by the NSW School Canteen Association?
6. Very dissatisfied
7. Dissatisfied
8. Undecided
9. Satisfied
10. Very dissatisfied
8. DON’T KNOW

Q36. Apart from the printed materials and websites I have already mentioned where else have you received or seen information about the Strategy?
1. YES  2. NO  8. DON’T REMEMBER
(READ ITEMS)
# Canteen News magazine
# DET Regional Office or School Education Area Office (SEA)/Student Welfare consultants/CEC/Diocesan Office/AIS
# Inform and other magazine
# From Area Health Service personnel – information sessions, canteen network meetings, food expos or direct contact
# Talking to the Fresh Tastes Coordinator/Team
# NSW School Canteen Strategy TAFE course
# The media (newspaper, TV, radio)
# Through the Federation of Parents & Citizens Associations of NSW or Council of catholic School Parents or NSW Parents Council
From other sources

# That’s the end of this survey.
Thank you very much for your input.
Appendix 4
Principal’s Quality/Process Questionnaire

Principal’s Survey

The aim of this survey is to find out whether you received the support and communication materials that have been produced for the Strategy, how you have used them and whether you are satisfied with their quality and content. Your answers to the questions in this survey will not be individually identified.

The survey will take approximately 20 minutes.

School Demographics

Firstly I need to confirm some information about your school to ensure our records are correct?

1. What type of school is your school?
   - Primary 1
   - Secondary 2
   - Combined (both primary and secondary students) 3
   - Other 4

   Please state:_____________________
   - Government 1
   - Catholic 2
   - Independent 3

2. Approximately how many students are enrolled in your school?
   (Allow open ended response and then select from categories below)
   - 0 – 199 1
   - 200 – 399 2
   - 400 – 599 3
   - 600 – 799 4
   - 800 – 999 5
   - 1000 – 1199 6
   - 1200 – 1399 7
   - >1400 8

3. Which of the following best describes the location of your school?
   (Allow only one response)
   - Metropolitan 1
     (Sydney, Wollongong, Central Coast, Blue Mountains)
   - Rural/regional (All other areas in NSW) 2

NSW Healthy School Canteen Strategy Resources

The NSW Healthy School Canteen Strategy has also been called Fresh Tastes @ School. The next sections ask questions about some of the support materials that have been produced specifically for the Fresh Tastes Strategy.

Fresh Tastes Canteen Menu Planning Guide

The Fresh Tastes Canteen Menu Planning Guide was the first of the resource materials sent to schools in April and June 2004. It was orange and green in colour and contained the canteen menu planner a description of the red, amber and green food categories, the ‘occasional’ food criteria and the ready reckoner.

4. Did you receive a copy of or see this resource?
   - Yes 1
   - No 2 → Go to Question 14

5. Where is this resource currently located at your school?
   (Allow more than one response)
   - Principals Office 1
   - School Office 2
   - In the canteen 3
   - School Library 4
   - Teachers staff room 5
   - With the canteen committee 6
   - Don’t know 7
   - Other 8

   Record response __________________

6. Who has seen this resource at your school?
   Please answer yes/no after each response
   (Allow more than one response)
   - Principal 1
   - P&C 2
   - Canteen manager/supervisor/lessee 4
   - Paid canteen staff 5
   - Canteen volunteers 6
   - PDHPE teachers 7
   - Food Technology teachers 8
   - Other teachers 9
   - SRC/student representatives 10
   - Don’t know 11
   - Other 12

   Record response __________________
7. How much of the *Fresh Tastes Canteen Menu Planning Guide* did you read?

All of it 1 → Go to Question 9
Some of it 2 → Go to Question 9
None of it 3 → Go to Question 8 then to Question 11

8. What was the main reason you did not read this resource? Please answer after I have read all of the options (LIMIT TO ONE RESPONSE, PROMPT FOR MAIN REASON)

I did not have time 1
The resource was passed onto someone else in the school 2
I didn’t think I needed to read it/it wasn’t relevant to me 3
We are not planning to implement the Strategy at our school 4
Other 5

Record response

→ Go to Question 11

9. How would you rate your overall satisfaction with this resource? Your options are:

Very satisfied 1
Satisfied 2
Undecided 3
Dissatisfied 4
Very dissatisfied 5

10. How much do you agree/disagree with the following statements? Your options are:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>No opinion/undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>10a The information contained within this resource was useful.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10b The information contained within this resource was easy to understand.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10d The information contained within this resource was relevant to the needs of my school.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10h After reading this resource I understood what a <em>Fresh Tastes Canteen Menu</em> should look like.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10i After reading this resource I felt more confident that our school canteen could meet the requirements of the <em>Fresh Tastes Strategy</em>.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10j I often refer to this resource.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Appendix 4 continued

Now I am going to ask you some questions about the CD-ROM that came with this resource.

11. Did you view the CD-ROM?
   Yes 1  → Go to Question 13
   No 2

12. What was the main reason you did not view the CD-ROM? Please answer after I have read all of the options: (ONLY ALLOW ONE RESPONSE, PROMPT FOR MAIN REASON)
   Did not have time 1
   Did not have access to a computer 2
   Could not get it to work on my computer 3
   Did not think it would be useful/relevant 4
   Not sure how to use it 5
   Our school is not planning to implement the Fresh Tastes Strategy 6
   Other 7
   Record response ____________________________

13. Did anyone at your school use the presentation on the CD-ROM to inform the school community about the Fresh Tastes Strategy?
   Yes 1
   No 2
   Don’t know 3

Fresh Tastes Tool Kit

Now I am going to ask you some questions about the Fresh Tastes Tool Kit and CD-ROM. This was the second resource that was sent to all schools in Sept 2004. It was green and blue in colour and contained a number of tools to assist schools to plan, promote, manage, and implement a Fresh Tastes canteen.

14. Did you receive a copy of or see this resource?
   Yes 1
   No 2  → Go to Question 24

15. Where is this resource currently located at your school? (ALLOW MORE THAN ONE RESPONSE)
   Principals Office 1
   School Office 2
   In the canteen 3
   School Library 4
   Teachers staff room 5
   Don’t know 6
   Other 7
   Record response ____________________________

16. Who has seen this resource at your school? Please answer yes/no after each option: (ALLOW MORE THAN ONE RESPONSE)
   Principal 1
   P&C 2
   Canteen manager/supervisor/lessee 4
   Paid canteen staff 5
   Canteen volunteers 6
   PDHPE teachers 7
   Food Technology teachers 8
   Other teachers 9
   SRC/student representatives 10
   Don’t know 11
   Other 12
   Record response ____________________________

17. How much of the Fresh Tastes Tool Kit did you read?
   All of it 1  → Go to Question 19
   Some of it 2  → Go to Question 19
   None of it 3  → Go to Question 18 then to Question 21

18. What was the main reason you did not read this resource? Please answer after I have read all of the options: (LIMIT TO ONE RESPONSE, PROMPT FOR MAIN REASON)
   I did not have time 1
   The resource was passed onto someone else in the school 2
   I didn’t think I needed to read it/it wasn’t relevant to me 3
   We are not planning to implement the Strategy at our school 4
   Other 5
   Record response ____________________________  → Go to Question 21
19. How would you rate your overall satisfaction with this resource?

- Very satisfied 1
- Satisfied 2
- Undecided 3
- Dissatisfied 4
- Very dissatisfied 5

20. How much do you agree/disagree with the following statements? Your options are:

<table>
<thead>
<tr>
<th>20a</th>
<th>The information contained within this resource was useful.</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>No opinion</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20b</th>
<th>The information contained within this resource was easy to understand.</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>No opinion</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20c</th>
<th>The information contained within this resource was able to be applied in practice.</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>No opinion</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20d</th>
<th>The information contained within this resource was relevant to the needs of my school.</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>No opinion</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20e</th>
<th>After reading this resource I felt more confident that our school canteen could meet the requirements of the Fresh Tastes Strategy.</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>No opinion</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Now I am going to ask you some questions about the CD-ROM that came with this resource.

21. Did you view the CD-ROM?

- Yes 1 → Go to Question 23
- No 2

22. What was the main reason you did not view the CD-ROM? Please answer after I have read all of the options: (ONLY ALLOW ONE RESPONSE, PROMPT FOR MAIN REASON)

- Did not have time 1
- Did not have access to a computer 2
- Could not get it to work on my computer 3
- Did not think it would be useful/it wasn’t relevant to me 4
- Not sure how to use it 5
- Our school is not planning to implement the Fresh Tastes Strategy 6
- Other 7

Record response

Go to Question 23

23. Which templates from the CD-ROM have been used at your school? Please answer yes/no after each option: (ALLOW MORE THAN ONE RESPONSE)

- None 1
- Canteen Improvement Checklist template 2
- Canteen Action Planner template 3
- Phasing in New Foods template 4
- Fresh Tastes Menu template 5
- Recipe template 6
- Canteen Policy template 7
- Unable to answer 8

Don’t know the names of the templates/unsure which ones are being used

Go to Question 23
Now I would like to ask you some questions about the Fresh Tastes Newsletters. Three Fresh Tastes Newsletters have been produced to date. These contained up-dates on the Strategy.

24. Did you receive, download or see a copy of any of these Newsletter/s?
   Yes 1
   No 2 \(\rightarrow\) Go to Question 29

25. Which issue of the Fresh Tastes Newsletter do you remember seeing/receiving?
   Issue 1 1
   Issue 2 2
   Issue 3 3
   All of the issues 4
   Don’t remember 5

26. Did you read the Newsletter?
   Yes 1 \(\rightarrow\) Go to Question 28
   No 2

27. What was the main reason you did not read the newsletter/s? (LIMIT TO ONE RESPONSE. PROMPT FOR MAIN REASON)
   I did not have time 1
   It/they were passed onto someone else in the school 2
   I didn’t think it/they were relevant 3
   We are not planning to implement the Strategy at our school 4
   Other 5

28. How much do you agree with the following statements?
   Your options are:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>No opinion</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>28a The information contained within the Newsletters was useful.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>28b The newsletter/s provided me with timely and accurate information about the Fresh Tastes Strategy.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>28c The Newsletters addressed many of the questions and concerns I had about the Fresh Tastes Strategy.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
### Websites

29. Have you used any websites to obtain information about the *Fresh Tastes* Strategy?

<table>
<thead>
<tr>
<th>Yes</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>2</td>
</tr>
</tbody>
</table>

Thank you for completing this survey.

30. Which website/s did you use to obtain information regarding the Strategy? Please answer yes/no after each option: *(ALLOW MORE THAN ONE RESPONSE)*

<table>
<thead>
<tr>
<th>Website</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>NSW Department of Health</td>
<td>1</td>
</tr>
<tr>
<td>NSW Department of Education and Training</td>
<td>2</td>
</tr>
<tr>
<td>Catholic Education Commission</td>
<td>3</td>
</tr>
<tr>
<td>Association of Independent Schools</td>
<td>4</td>
</tr>
<tr>
<td>NSW School Canteen Association</td>
<td>5</td>
</tr>
<tr>
<td>Federation of P&amp;C Associations of NSW</td>
<td>6</td>
</tr>
<tr>
<td>Other</td>
<td>7</td>
</tr>
</tbody>
</table>

Record response

### Other Information Sources

32. Apart from the printed materials and websites already mentioned, where else have you received or seen information about the Strategy? Please answer yes/no after each option: *(ALLOW MORE THAN ONE RESPONSE)*

<table>
<thead>
<tr>
<th>Information Source</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canteen News magazine</td>
<td>1</td>
</tr>
<tr>
<td>DET regional office or School Education Area Office</td>
<td>2</td>
</tr>
<tr>
<td>(SEA)/student welfare consultants/CEC/Diocesan Office/AIS</td>
<td></td>
</tr>
<tr>
<td>Inform magazine</td>
<td>3</td>
</tr>
<tr>
<td>From Area Health Service personnel – information sessions, canteen network meetings, food expos or direct contact</td>
<td>4</td>
</tr>
<tr>
<td>Talking to the <em>Fresh Tastes</em> Coordinator/Team</td>
<td>5</td>
</tr>
<tr>
<td>NSW School Canteen Strategy TAFE course</td>
<td>6</td>
</tr>
<tr>
<td>The media (newspaper, TV, radio)</td>
<td>7</td>
</tr>
<tr>
<td>Through parent organisations</td>
<td>8</td>
</tr>
<tr>
<td>Other</td>
<td>9</td>
</tr>
</tbody>
</table>

Record response

None of the above   10
Appendix 5
Canteen Managers Short Term Impact Questionnaire

Explain that you are calling from the Hunter Valley Research Foundation if the respondent enquires.

Q1. Hello, my name is __________.
I'm calling on behalf of NSW Department of Health for the NSW Healthy School Canteen Strategy. I'm trying to contact __________ at __________ school.
Have I dialled the correct number.
#  1. YES  3.COMpletely WRONG NUMBER

If respondent offers a different number – write the new number on call sheet. Thank them – hang up – dial new number immediately unless advised to call at another time (in which case enter 1 then 4 on next page). If necessary when canteen number connected/called say next line:

Q2. Can I please speak to __________.
#  1. YES, SPEAKING or I WILL GET HER/HIM
2. REFUSED (individual refusal by manager)
4. NOT AT THIS TIME – (make callback for as soon as possible)
6. UNSUITABLE (clarify in comments)
22. SCHOOL/COMMITTEE REFUSAL (clarify in comments)
44. MANAGER UNAVAILABLE – CALLBACK ARRANGED
66. MANAGER UNAVAILABLE FOR DURATION OF STUDY – NO SUITABLE SUBSTITUTE (clarify in comments)

Hello, my name is __________. Some weeks ago we conducted an interview with you about the Quality and Process of the NSW Healthy School Canteen Strategy. We have also completed a similar survey with your school.

In order to complete the study we need another interview with you as mentioned during the first survey. Your school will not be identified in the results. This survey will take approximately 20 minutes. Is now a good time?
#  1. YES, WILL DO SURVEY NOW
2. REFUSED (individual refusal by manager)
4. NOT AT THIS TIME – (make callback for as soon as possible)

Explain that you are calling from the Hunter Valley Research Foundation if the respondent enquires. Read blurb below if required.

This second survey will help us understand how your school is coping with the changes introduced by the strategy. It is certainly not expected that all schools will have made all of the necessary changes the Healthy School Canteen Strategy requires. What we need you to do is to answer the questions as accurately as possible so we can get a true picture of how schools are coping.

Canteen Operation

Firstly, I am going to ask you some questions about how your canteen is operated.

Q1. Is your canteen open from Monday to Friday?
#  1. YES
2. NO

Q2. How many days a week is your canteen open?
IF NOT 1 2 3 or 4 TYPE IN EXPLANATION

Q3. Is your canteen ....
1. Leased
2. School run
3. P&C/P&F run
4. Other (type in response)
8. DON'T KNOW

Appendix 5: Canteen Managers Short Term Impact Questionnaire

44
Q4. How is your canteen usually staffed? Is it by ....
   1. = YES    2. = NO
   ALLOW MORE THAN ONE RESPONSE
   8. = DON’T KNOW
   # Paid manager
   # Paid assistant(s)
   # Volunteers
   # Student help
   # Contractor or Lessee

Q5. How many volunteers do you usually get to help out each day?
   # 1-7 OR MORE
   0 = LESS THAN 1 PER DAY EG ONE A WEEK

Q6. On your busiest day do you have....
   1. More volunteers than needed?
   2. The right amount of volunteers?
   3. Less volunteers than needed?

Q7. Does your school currently have vending machines?
   # 1. YES
   2. NO

Q8. How many do you have?
   # 6 = 6 OR MORE
   88 = DON’T KNOW

Q9. Who is responsible for them?
   Is the __________ responsible for any of them?
   1. = YES    2 or 0. = NO
   # Canteen
   # SRC
   # P&C
   # Private contractor
   Other (type in response)
   8. DON’T KNOW

Q10. In the last year did your school canteen:
   1. Make a profit?
   2. Break even financially?
   3. Run at a loss?
   # 8. DON’T KNOW

Q11. Approximately how much profit did your canteen make for the last year?
   (READ OUT SCALE IF NECESSARY)
   1. Less than $1000
   2. $1000 – 5000
   3. $5001 – 10,000
   4. $10,001 – 15,000
   5. $15,001 – 20,000
   6. $20,001 – 25,000
   7. $25,001 – 30,000
   8. More than $30,000
   # 88. NOT SURE

Q12. Have any of the following things happened to your canteen in the past 12 months?
   READ OPTIONS 1. YES 2. NO
   # Modification/refurbishment
   # Changed from a volunteer manager to a paid manager
   # Changed from a paid manager to a volunteer manager
   # Changed from being P&C run to school run
   # Become a leased canteen
   # Received substantial financial assistance
   # Received a donation of equipment or services
   # Purchased major white goods or equipment

Q13. Do you attend canteen network meetings in your area?
   # 1. YES
   2. NO

Q14. Have you or other canteen staff members attended the NSW Healthy Canteen Strategy TAFE Course?
   # 1. YES
   2. NO
   8. DON’T KNOW

Q15. Has your school received or been offered assistance from your Area Health Service Nutritionists or Health Promotion Officers in relation to the Fresh Tastes Strategy (eg attending information sessions, food expos or individual advice)?
   # 1. YES
   2. NO
   8. DON’T KNOW
The next series of questions relate to how your school is going with regard to implementing the Strategy and if there have been any things that have helped or hindered your progress.

Q16. Which of the following statements best applies to your school? (ONE RESPONSE ONLY; PROMPT FOR MOST APPLICABLE RESPONSE)
1. = YES
# Our school has made all of the changes needed to meet the requirements of the Fresh Tastes Strategy
# Our school has made some but not all of the changes needed to meet the requirements of the Fresh Tastes Strategy
# Our school is planning to implement the Fresh Tastes Strategy but we have not yet made any changes
# Our school does not intend to implement the Fresh Tastes Strategy

Q17. What are the reasons your school does not intend to implement the Strategy?
Record response ____________________________

Q18. Have any of the following things delayed your progress?
01. Lack of support from the school community
02. Concern over loss of profits
03. Lack of demand for the healthy foods
04. Competition from local shops
05. Problems managing change eg lack of leadership, changes require too much of a time commitment from committee members
06. Waste or spoilage of fresh produce
07. Staffing issues eg lack of volunteers to prepare fresh foods, difficulty attracting and retaining volunteers
08. Environmental/equipment issues eg lack of suitable equipment, lack of preparation area for fresh foods, lack of storage space to prepare fresh foods
09. Difficulty accessing suitable products
10. Do not agree with the principles of the Strategy

Q19. Are you encountering any problems implementing the Strategy?
# 1. YES  2. NO  8. DON’T KNOW

Q20. What types of problems?
01. Lack of support from the school community
02. Concern over loss of profits (SEE 10 BELOW)
03. Lack of demand for the healthy foods
04. Competition from local shops
05. Problems managing change eg lack of leadership, changes require too much of a time commitment from committee members
06. Waste or spoilage of fresh produce
07. Staffing issues eg lack of volunteers to prepare fresh foods, difficulty attracting and retaining volunteers
08. Environmental/equipment issues eg lack of suitable equipment, lack of preparation area for fresh foods, lack of storage space to prepare fresh foods
09. Difficulty accessing suitable products
10. Actual Decrease in Profits

Canteen Menu

With respect to your canteen’s menu.

Q22. Have you limited the sale of all RED foods and drinks to no more than two occasions per term or identified that no RED foods or drinks were available previously.
# 1. YES  2. NO  8. DON’T KNOW

Q23. Have you limited the sale of some RED foods and drinks to no more than two occasions per term.
# 1. YES  2. NO  8. DON’T KNOW
Q24. Which of the following categories do the remaining RED foods fit into?
1. YES  2. NO
# Savoury pastries, pasta, pizzas, oven baked potato products
# Crumbed & coated foods, frankfurters, sausages
# Deep fried foods
# Sugar sweetened drinks and ices (soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushees, ice blocks and ice confections – NOT MILK BASED)
# Snack food bars and sweet biscuits
# Savoury snack foods & biscuits
# Ice creams, milk based ice confections & dairy desserts
# Cakes, muffins & sweet pastries
# Confectionary

Q25. Have you made sure that AMBER foods and drinks don’t dominate the menu?
# 1. YES
2. NO
8. DON’T KNOW

Q27. Have you used smaller serving sizes for AMBER foods wherever possible?
# 1. YES
2. NO
8. DON’T KNOW

Vending machines

Q28. In the last 12 months has your school removed any vending machines from the school premises as a result of the Strategy?
# 1. YES
2. NO
3. NO VENDING MACHINES PREVIOUSLY
8. DON’T KNOW

Q29. Have you removed ALL RED foods and drinks from sale in the vending machine/s or identified that no RED foods or drinks were available previously?
# 1. YES
2. NO
8. DON’T KNOW

Q30. Have you removed SOME RED foods and drinks from sale in the vending machine/s?
# 1. YES
2. NO
8. DON’T KNOW

Q31. Which of the following categories do the remaining RED foods fit into?
1. YES  2. NO
# Savoury pastries, pasta, pizzas, oven baked potato products
# Crumbed & coated foods, frankfurters, sausages
# Deep fried foods
# Sugar sweetened drinks and ices (soft drinks, flavoured mineral waters, energy drinks, sports drinks, sports waters, slushees, ice blocks and ice confections – NOT MILK BASED)
# Snack food bars and sweet biscuits
# Savoury snack foods & biscuits
# Ice creams, milk based ice confections & dairy desserts
# Cakes, muffins & sweet pastries
# Confectionary

Q32. Have you added products from the Amber and Green categories to the vending machine/s
# 1. YES
2. NO
8. DON’T KNOW
Canteen Committee

Q33. Does your school have a Canteen Committee?

# 1. YES
2. NO

Q34. What types of people are on your Canteen Committee?

1. Parent representatives
2. Principal
3. Paid Canteen Manager
4. Contractor/Leasee
5. Paid canteen staff
6. Canteen Volunteers
7. P&C Representatives
8. Students
9. Member of the School Executive
10. Teachers

CODE or TYPE IN
88. DON'T KNOW

Q35. Which of the following resources has the Canteen Committee had access to:

# YES 2. NO 8. DON'T KNOW

1. Canteen Menu Planning Guide and CD-ROM
2. Fresh Tastes Tool Kit and CD-ROM
3. Fresh Tastes Newsletter
4. Parent organisation journals and websites
5. NSW School Canteen Association support materials and services

Engage the School Community

Q36. Has your school communicated information about the Fresh Tastes Strategy and the school’s plans for change to the school community/canteen suppliers (parents, students, staff etc)?

# 1. YES
2. NO
8. DON'T KNOW

Canteen Policy

Q38. Does your school have a school canteen policy?

# 1. YES
2. NO
8. DON'T KNOW

Q39. Has the policy been reviewed or developed to incorporate the Fresh Tastes Strategy changes?

# 1. YES
2. NO
8. DON'T KNOW

Q40. Which of the following areas are covered in your school canteen policy?

# 1. YES
2. NO
8. DON'T KNOW

# Rationale – Reason for the policy
# Aims
# Operation of the canteen
# Type of food and drinks that can be sold in the canteen
# How products should be promoted
# Procedures – Ordering, purchasing equipment, stocktaking, banking
# Profit
# Financial record keeping
# Hygiene
# Staffing
Q41. Did you or the canteen committee use the Canteen Policy template and support document from the Fresh Tastes Tool Kit CD-ROM as a guide when developing or reviewing your school canteen policy?

# 1. YES
2. NO
8. DON'T KNOW

Promotion of Healthy Products

Q42. Have you conducted any promotions of healthier food products in the last 12 months?

# 1. YES
2. NO
8. DON'T KNOW

Q43. What methods of promotion did you use?

1. Meal deals
2. Daily or weekly specials
3. Taste tests
4. Special theme days or week
5. Adverts in the newsletter
6. Informing the students at the assembly
7. Signage, posters or displays
8. Classroom flyers or announcements by teachers in class
9. Competitions

CODE IF POSSIBLE or TYPE IN
88. DON'T KNOW

Q44. What roles do you see the canteen has in your school?

1. Provide a food service
2. Make a profit for canteen needs
3. Make a profit for school needs
4. Support classroom nutrition education
5. Provide and promote healthy food
6. Teach social and money handling skills

CODE or TYPE IN ANSWERS 1 PER LINE
8. = DON'T KNOW

Q45. Do you agree or disagree with the following statements:

1. Agree  2. Disagree  8. NO OPINION

# At school, students should receive nutrition messages throughout the school that are consistent & reinforce each other eg fundraising,classroom rewards
# The canteen should model the nutrition messages that the students have been learning in the classroom
# A healthy school canteen is a financially viable option
# We have received a lot of support from our school community in response to the Fresh Tastes strategy
# Our canteen has reliable regular access to healthier products through our distributors and suppliers
# I have noticed that more healthier products are available from suppliers and distributors in the last 12 months

Thank you very much.

If you have any enquiries about this survey or about the NSW Healthy School Canteen Strategy please contact Robyn Newson on 02 9391 9094.