

# PARENT SCHOOL FOOD SERVEY

Presented by Novato Live Well Network and NUSD Food & Nutrition Services (FANS)

FANS GOAL is to provide healthy meals for ALL students attending school. In our efforts to meet this goal, we first must find out why some children do not currently participate in our program. This survey has been prepared by the Novato Live Well Association that is being sent home with each child. Please take a few minutes to fill out the questionnaire and return it to your school. Your feedback is invaluable. —Miguel Villarreal, Dir. of FANS

**Please fill out this survey and return it to your school office.** Your information will help us determine areas that NUSD-FANS needs to address to improve the children's lunch experience at school.

Which school(s) do your children attend? \_\_\_\_\_  
 Children's ages \_\_\_\_\_ Today's Date \_\_\_\_\_

**1. How often does your child eat food from the school lunch program?**

\_\_\_ Always: 20x/month, \_\_\_ 16-19x/mo, \_\_\_ 11-15x/mo, \_\_\_ 6-10x/mo, \_\_\_ 1-5x/mo, \_\_\_ never

**2. If never or less than 5x / month, why not? (Check all that apply)**

- |  |                                     |
|--|-------------------------------------|
| ___ A. I prefer to prepare lunch at home | ___ G. Not enough fresh food served |
| ___ B. Cost                              | ___ H. Not enough healthy options   |
| ___ C. Food Quality                      | ___ I. Not enough organic options   |
| ___ D. Food Choice                       | ___ J. Not enough natural options   |
| ___ E. Food Allergies (List): _____      | ___ K. Not enough vegetarian items  |
| ___ F. Food Sensitivities: (List): _____ | Other: _____                        |

**3. Based on your conversations with your child(ren), how does your child(ren) rate the school food served?**

Include age of child next to number:	Child #1: _____	Child #2: _____	Child #3: _____	Child #4: _____
Like always				
Like most of the time				
Sometimes like -- some times doesn't				
Doesn't like that often				
Never likes				

**4. How important is it to know what ingredients are in the school food?**

\_\_\_ (Rate between 1-5 with 5= very important, 1=not important)

**5. List food/food items you prefer your child(ren) NOT TO EAT:**

\_\_\_\_\_

**6. Rate the following areas of importance to you: (5-1 with 5=high, 1= low)**

- |  |  |
|--|--|
| ___ The time it takes to pick up and purchase school food        | ___ Lunch area/tables                      |
| ___ The time that is allowed for the children to eat their lunch | ___ Customer service of student volunteers |
| ___ Food choice options  | ___ Customer service of Staff              |
| ___ Availability of menu items                                   | ___ Cost of food                           |
| (do they run out of what children want from menu items)          | Other: _____                               |

**7. What factors are needed for you to CONSIDER PURCHASING school lunches more often?**

\_\_\_\_\_

**8. What factors are needed for you to consider PAYING MORE for school food?**

\_\_\_\_\_

**9. Do you have other comments regarding the school lunch program and lunch time?**

\_\_\_\_\_

\_\_\_\_\_

**10. Would you be interested in learning more about school food and how your input can help form school food policies and improve the lunch experience for the children? Yes No**

**Contact Info:** Name: \_\_\_\_\_ Ph \_\_\_\_\_ Email \_\_\_\_\_

**A LETTER FROM MIGUEL VILLARREAL, DIRECTOR OF  
NUSD-FOOD AND NUTRITION SERVICES (FANS)**

Dear Parents:

November 2, 2006

The School Food & Nutritional Services Department has worked hard over the last few years to improve the quality of meals offered to your children. We would like to make even greater changes such as improving the variety of meals and improving the food service facilities however, we are financially limited by the low federal reimbursement rates for the School Lunch Program, which currently averages to only \$1.00 for every student meal! Amidst these challenges, we want you to know that we have made the following important healthful improvements to the foods we serve:

- ✓ We DO NOT serve *fried foods* or foods with *trans fats*
- ✓ Our meals contain less than 30% fat and less than 10% saturated fat
- ✓ Our meals are low in sodium and sugar
- ✓ We serve fresh fruits and vegetables every day
- ✓ We offer low fat milk with no growth hormones

We believe that students must consume a variety of healthy foods each day that are packed with nutrients for them to be healthy and excel in the classroom. I have always said that "We feed the body, so teachers can feed their minds". We recognize that the improvements to our program thus far are just the first steps in bringing much needed changes to our food service program.

Our GOAL is to provide healthy meals for ALL students attending school (which will allow us to make additional important improvements by increasing funding through greater participation in the school meal program.) In our efforts to meet this goal, we first must find out why some children do not currently participate in our program. A survey has been prepared by the **Novato Live Well Network** that will be sent home with each child. Please take a few minutes to fill out the questionnaire and return it to your school.

Parents, TOGETHER, we can help IMPROVE and CHANGE the school lunch program by your children's daily investment in a school meal. The more students that participate in our program, the more EVERYONE BENEFITS!

Thank you for your consideration.

Miguel Villarreal  
Director, Food and Nutritional Services (FANS)  
Novato Unified School District  
(415) 892-2115 FANS Office