**Coosan NS Lunchbox Survey**

We conducted a lunchbox survey last term (Term 2). The purpose of our lunch box survey was to see how healthy our lunch boxes were.

We surveyed 15 classes with 372 children present.

We were very happy with the information that we obtained from this audit but we also discovered that we can improve the standard of some of our lunch boxes.

This was a very worthy exercise as we could see clearly all the healthy and non healthy foods that our children are bringing into school.

**The Main Findings of our Survey**

**Healthy Options:**

1. Sandwiches/wraps were our most popular lunchbox item – 94%.
2. Fruit was our second most popular food – 77%.
3. Yoghurt came next – 34%.
4. Our least popular healthy food was vegetables – 7%.

**Unhealthy Options:**

1. Sweet treat – 28%.
2. Chocolate spread – 5%.
3. Popcorn/crisps – 1%.

**Some children also had the following foods for their lunches:**

Cheese strings, rice cakes, crackers, pasta, cheese, cereal bars, raisins, tucs, ham, jelly, meat, granola, brack, smoothie, sausages, croissant, seeds, corn flakes, pretzels.

**Conclusion:**

Over one quarter of our children brought a sweet treat into school on the day we conducted our survey. We need to bring this number down to 0%. We will be working hard to ensure that we reduce the number of unhealthy foods coming into school for our lunches from hereon.