

2021 School Breakfast and Nutrition Education Program Evaluation

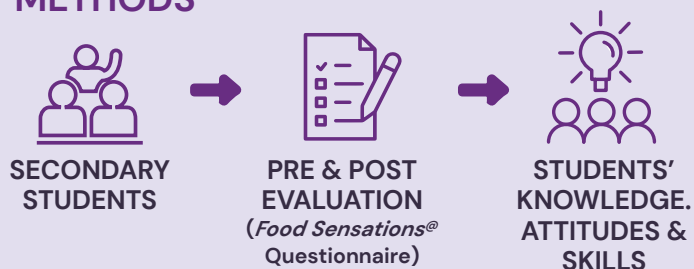


BACKGROUND

Foodbank WA's School Breakfast and Nutrition Education Program services schools across Western Australia. This program is funded by the Western Australian Departments of Education and Primary Industries and Regional Development. The Department of Health also funded the program through to June 2021.

Our two programs, the School Breakfast Program and *Food Sensations*® for Schools aim to increase students' access to a range of nutritious breakfast foods to improve their overall health and wellbeing, and improve food literacy and basic cooking skills of students in Kindergarten to Year 12.

METHODS

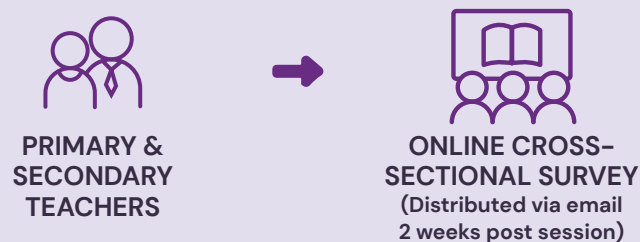


All *Food Sensations*® participants were invited to complete pre and post evaluation.

38/43 sessions evaluated

417 students provided some evaluation data

320 students provided matched data pre and post session



115 were sent survey link

52 (45.2%) completed the survey

The School Breakfast Program was not evaluated in 2021 – The annual survey was not conducted as evaluation from previous years yielded consistent positive feedback and findings.

To read previous evaluation results visit foodbank.org.au/WA/evaluation-reports/

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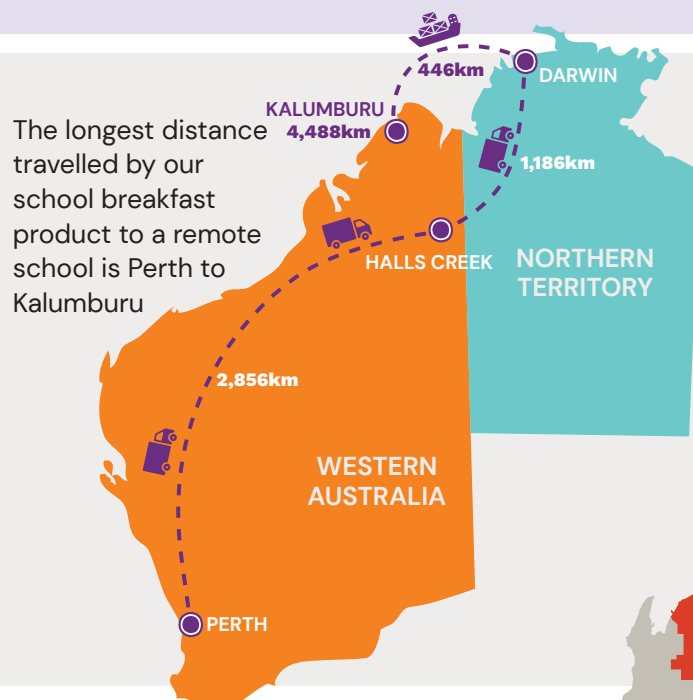
PROGRAM HIGHLIGHTS

SCHOOL BREAKFAST PROGRAM




351,624kg
FOOD PROVIDED

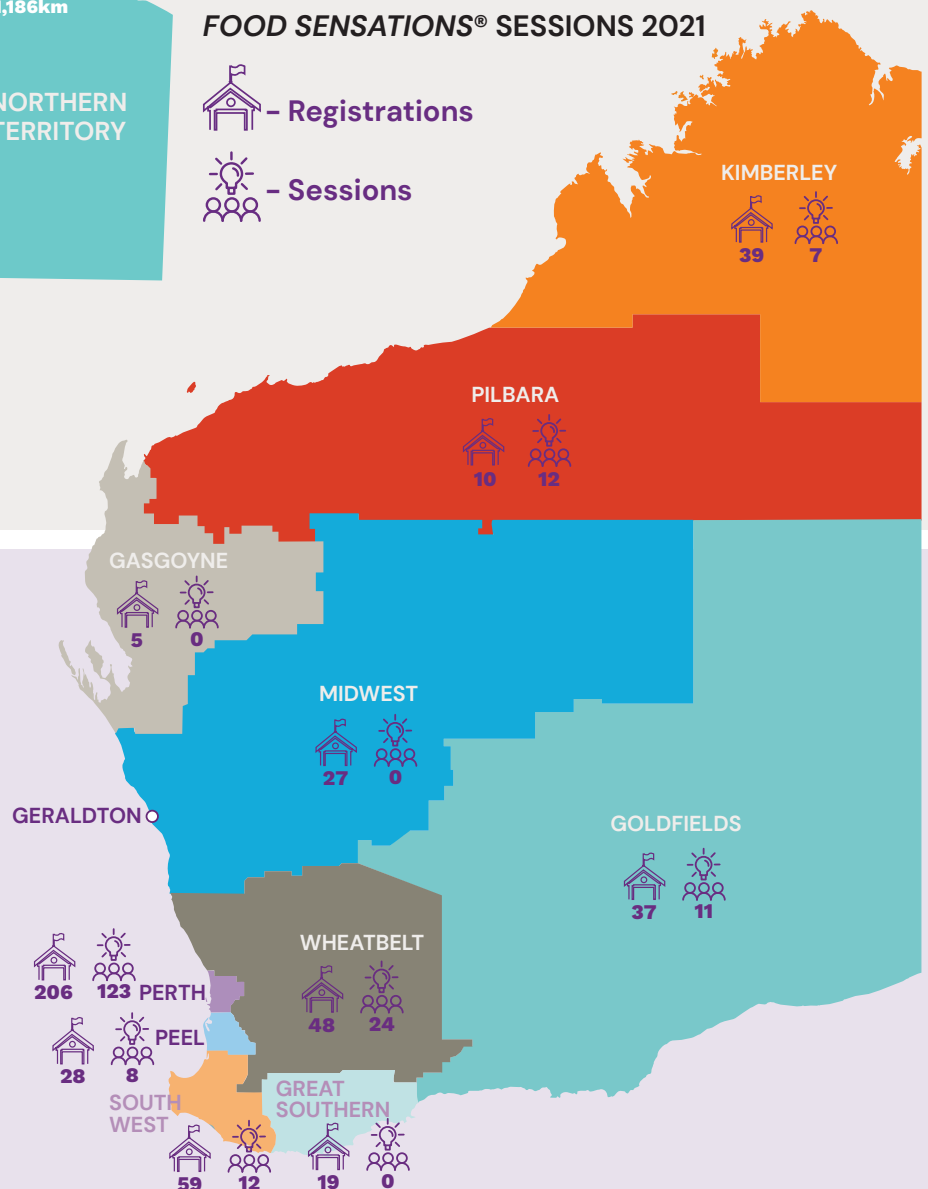

20,514
STUDENTS
ACCESSED SCHOOL
BREAKFASTS


478
SCHOOLS
REGISTERED



SCHOOL BREAKFAST PROGRAM REGISTRATIONS AND FOOD SENSATIONS® SESSIONS 2021

 - Registrations
 - Sessions



FOOD SENSATIONS® FOR SCHOOLS 2021 REACH


197
SESSIONS


3,852
STUDENTS


68
SCHOOLS

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FOOD SENSATIONS® FOR SCHOOLS PROGRAM IMPACTS AND RESULTS

Each session includes an interactive nutrition activity followed by cooking in small groups and a shared meal. Pre and post session survey responses revealed the following.

Secondary students reported statistically significant increases in level of food and nutrition knowledge and skills on several healthy eating and nutrition topics, including dietary guidelines, food selection, preparation and safety.

STUDENTS

Statistically significant increases in post session abilities were recorded.



KNOWLEDGE

10.1% increase in correctly distinguishing nutrients in the grains groups

31.7% increase in identifying the correct time required for hand washing

10.3% increase in ability to interpret a Nutrition Information Panel



SKILLS

Increase in student self-assessment of their food preparation and skills.

15.2% increase in 'I can prepare and cook a healthy meal on my own'



ATTITUDES

Students strongly agreed to statements
'I know how to choose foods that will give me a strong mind and healthy body'

(**16.5%** increase)

'Making healthy food choices is important to me'
(**13%** increase)

'I think healthy food is easy to cook'
(**26.9%** increase)

'Healthy food can be delicious and tasty'
(**10.8%** increase)



STUDENTS

91% enjoyed the session

91.5% enjoyed cooking

82.9% enjoyed tasting the food

83.3% tasted new food

68.2% will make one of the recipes at home

TEACHERS

Teachers reported a positive impact on primary and secondary students' level of positive attitudes, knowledge, and skills.

- **94.1% - 98.0%** agreed the session improved students' knowledge and skills regarding session content
- **78.8%** agreed that students displayed improvement in positive attitudes to healthy foods
- **69.2%** agreed that students discuss or bring in cooking from the Food Sensations® recipe book
- **41.2%** agreed there were improved healthy food choices within the school
- **40.4%** agreed students were bringing healthier food to school

"Thank you for providing our students with such a wonderful experience. This really helped them understand what was in a lot of foods they eat and they could really see the benefit to cooking at home versus buying unhealthy takeaway. Students from our school (with a low SES) really need this kind of education and you helped me to support the curriculum in doing this. The students loved the experience, and we really appreciate these kinds of incursions. This is a very valuable program and we hope programs like this continue!" Primary School Teacher

Lester, L. (2022). Food Sensations® for Schools Program (FSS) Foodbank WA 2021 Evaluation Report. University of Western Australia, Perth, WA.



For more information on the School Breakfast and Nutrition Education Program please visit foodbank.org.au

To read the full report go to foodbank.org.au/nutrition-evaluation-reports



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