**Coosan NS Lunchbox Survey**

We conducted another lunchbox survey on Tuesday the 31st of January 2017. The purpose of this lunch box survey was to see how healthy our lunch boxes were and indeed to find out if we have improved the standard of our lunches since our previous audit.

We surveyed 15 classes with 357 children present. We were very happy with the information that we obtained as we have made good improvements since our last survey.

**The Main Findings of our Survey**

**Healthy Options:**

1. Sandwiches/wraps - 83% down from 94%.
2. Fruit - 81% up from 77%.
3. Yoghurt - 35% up from 34%.
4. Vegetables - 14% up from 7%.

**Unhealthy Options:**

1. Sweet treat – 15% down from 28%.
2. Chocolate spread – 2% down from 5%.
3. Popcorn/crisps – 0% down from 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:**

It is obvious from our findings that the children in Coosan NS are making good improvements in the standard of their lunches. Fruit consumption has risen by 4%; yoghurt by 1% and vegetable intake has doubled from 7% to 14%.

Our unhealthy options have decreased. There were no crisps or popcorn brought into the school on the day we surveyed. Chocolate spread has fallen 3% and most significantly sweet treats have fallen from 28% to 15%. This last figure is very encouraging however it is still our aim to ensure that sweet treat consumption falls to 0%.

The HPS committee would like to thank everyone for all of the improvements made to our healthy eating initiative at this stage in the school year. Well done to all.