

# Think & Eat Green @

# School

## FOOD PRACTICES ON SCHOOL DAYS

Think & Eat Green @ School is a

Community-University Research Alliance with the goal to support healthy and sustainable school food systems.



Think & Eat Green @ School works with elementary and secondary schools in the Vancouver School Board to support learning innovations and research in growing, preparing, sharing and composting food.

This is a report of what we found from a research project called **Food Practices on School Days**.

### For more information, please contact:

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### Acknowledgements

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### Research supported by:

### \*Percentage of Students Reporting Daily Intake of Foods or Drinks— During School Days

	Daily %
Vegetable	42
Fruit	50
Whole grain	35
Meat and alternatives	56
Low fat milk and soy beverage	46
Sugar-sweetened beverages	30
Packaged snack foods (e.g. potato chips, cookies)	20

### What did we want to learn?

- What do students in Grades 5-8 eat and drink during school days (either during school hours or on their way to / from school)?
- What percentage of students participate in school food activities?

### What did we do?

In Spring 2012, we surveyed 950 students in 20 elementary and 6 secondary schools.

Students completed an online survey about what they eat and drink and about their participation in school food activities.

### What did we find?

- Less than **1/2** reported daily intake of vegetables, fruit, whole grains, and low fat milk/soy daily at school\*
- Almost **1/3** reported drinking sugar-sweetened beverages and **1/5** reported eating packaged snack foods daily\*
- Less than **1/4** of students reported participating in growing food, **1/3** in food preparation activities, and around **1/3** of students reported composting
- More grade 8 students than grade 5-7 students reported participating in learning activities related to food



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