



# Food in Schools High Level Highlights

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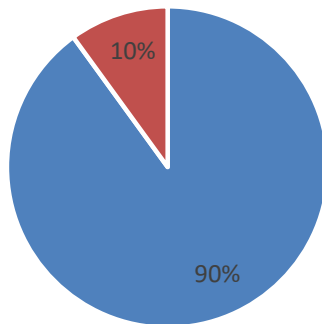
# Quick Summary – 89 schools



# 1. Prevalence of Hunger Among Students

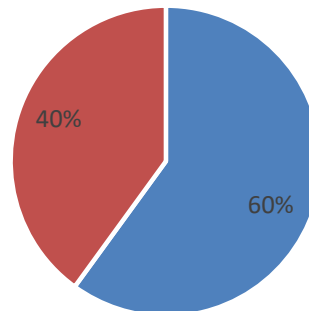
**Widespread Hunger:** A significant majority of children arrive at school hungry (90%, yet 100% in secondaries), with hunger persisting for a notable portion of students throughout the school day (60% after break, 43%, yet 83% secondary after lunch). Indicates pressing need for improved access to food in schools.

Do you believe that you have pupils who arrive at school hungry?



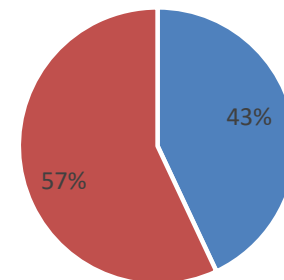
■ Yes ■ No

Do you believe you have pupils who remain hungry after break time?



■ Yes ■ No

Do you believe you have pupils who remain hungry after their lunch break?



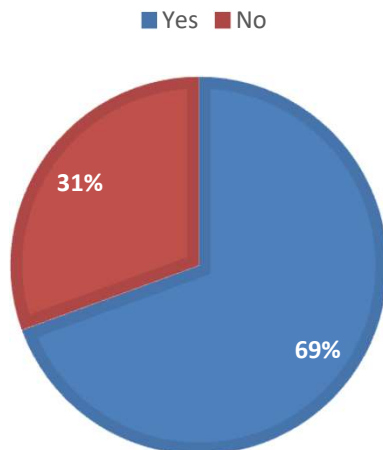
■ Yes ■ No



## 2. Importance and Accessibility of Breakfast Clubs

**Role of Breakfast Clubs:** Breakfast clubs are critical in addressing morning hunger, with 79% of responding schools offering this service. (We've done more here too). However, costs may be prohibitive for families above the Free School Meals (FSM) threshold, (*& village Primaries*) potentially limiting access

Does your school provide breakfast in the mornings?



16. How much does it cost per pupil to access the breakfast provision?

42 Responses

4	anonymous	6
5	anonymous	3.75 cheaper if they have a sibling
6	anonymous	4
7	anonymous	£4.00
8	anonymous	£6.16 for the hours care - £1 for the food
9	anonymous	£3
10	anonymous	£5.50
11	anonymous	£4
12	anonymous	£2.40
13	anonymous	26
14	anonymous	0
15	anonymous	£1



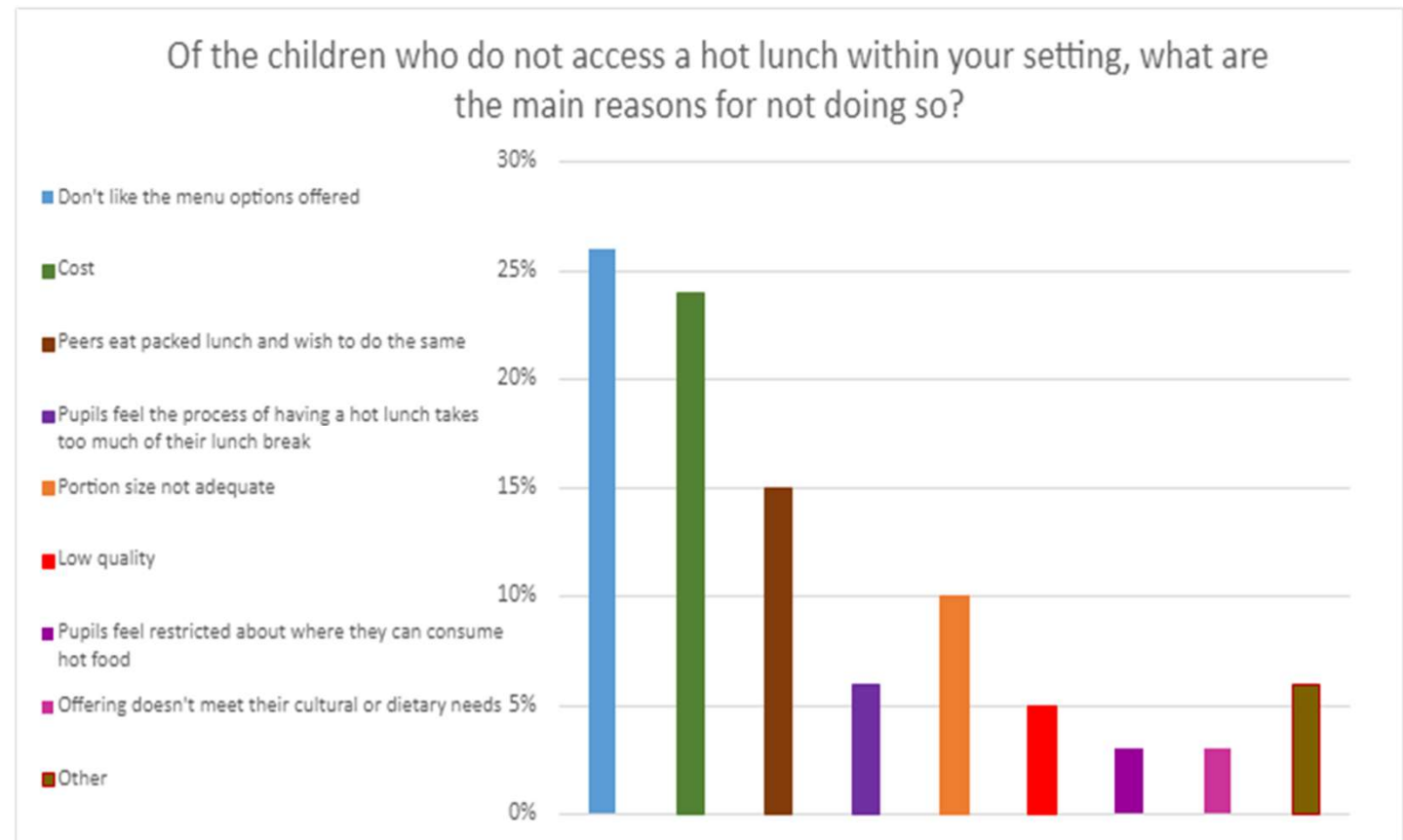
## 3. Financial Barriers

**Cost of School Meals:** There is variability in the cost of meals, with some schools charging above the FSM rate of £2.53, which can be challenging for families. Additionally, only a small percentage of schools allow for FSM allowances to be carried over, which could be a potential support mechanism.

**Cost of catering Companies:** “The challenge is getting a company that will provide healthy food options and quality...Our main concern is trying to cover the increasing costs and not giving up and just offering a packed lunch. We are not alone and until this is resolved, we cannot look at the bigger picture. We may only be able to survive another year cover the excessive cost [our catering provider] impose on us”

## 4. (Dis)satisfaction with current provision (64%)

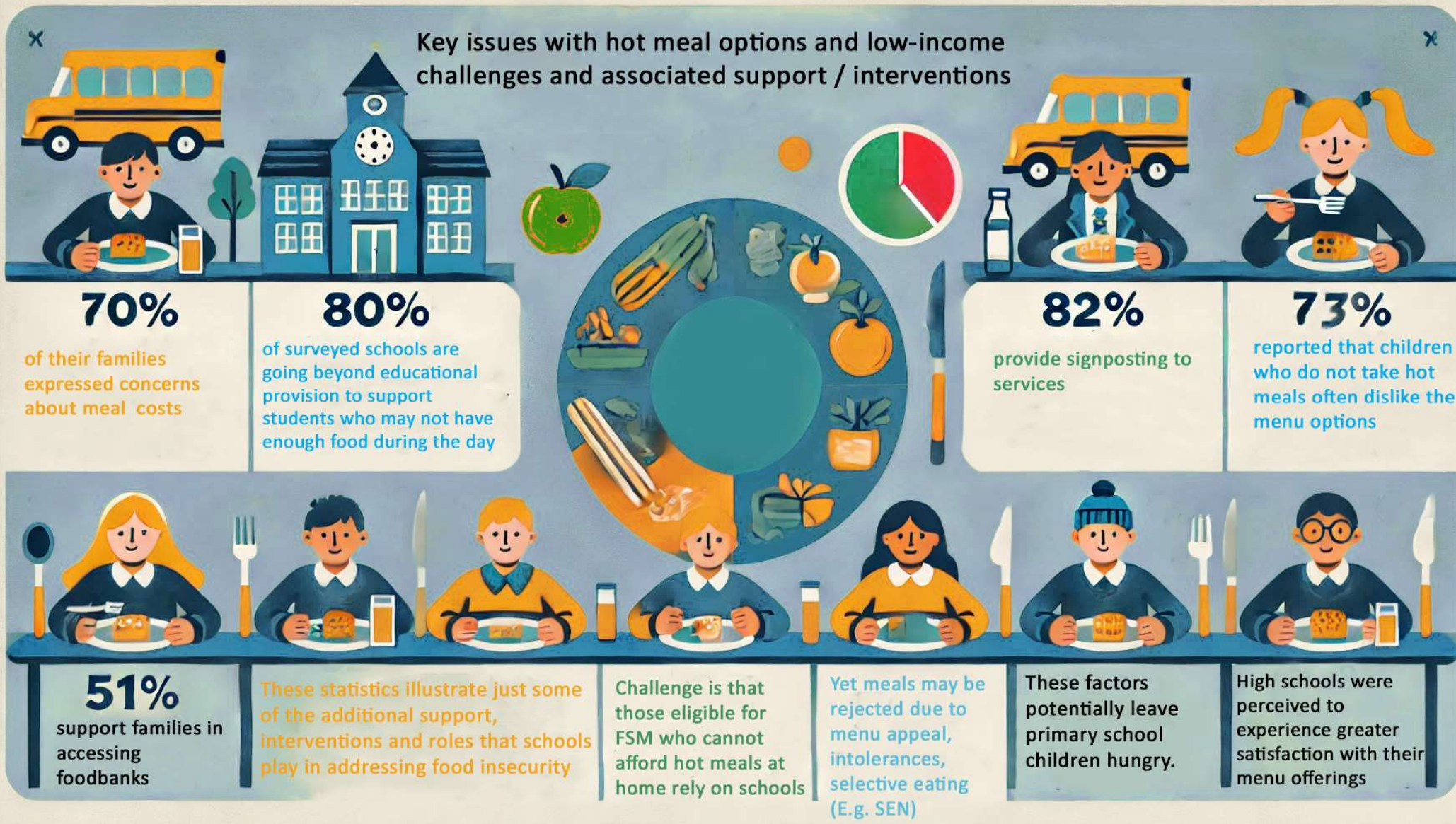
- **Menu Satisfaction and Cost Concerns:** There is dissatisfaction with nutritional quality, variety, and cost effectiveness. 26% of all schools reporting that students dislike the available menu options.
- **Top positive aspects:** Relationship with staff, excellent meals and more cost effective.
- **Late Lunch Timing in Secondary Schools:** 50% of responding secondary schools reported lunches began after 1.15 onwards, which may exacerbate hunger issues







Key issues with hot meal options and low-income challenges and associated support / interventions





## 5. Nutritional Quality of Meals

Head teachers who believed their school meets national nutritional guidelines and were healthy were predominantly from those schools who used in-house catering or Vertas, “we have excellent in-house food provision and pupils enjoy our home cooked food and have taken up the healthy snack options with popularity”, “we provide a very good range of healthy dinners but we have to be very careful”

In some schools, ‘healthy schools’ work is undertaken during the rest of the school day through educating families, life-skills and cookery workshops with children and families. All primaries which responded use the KS1 Free Fruit and Veg offer.

Again, for families who cannot afford nutritional and fresh ingredients at home rely on schools to provide their one healthy meal of the day.