



Healthy Food in Schools



*School Nutrition
Information Line*

Need more help
with guidelines and
policies?

Call 1-888-547-0535
toll free to get
assistance from
the school nutrition
support team.

Visit the *Food in
Schools* website:

[www.gov.mb.ca/
healthyschools/
foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

Want to know how to direct your nutrition education?

Lunch Check

Baseline Information

The **Lunch Check** is a way to measure a change in lunches eaten in your school.

The purpose is to evaluate a group of lunches, *not* individual lunches, to make some general conclusions.

Completing a **Lunch Check** in your school can give you valuable information on where to focus nutrition education.

1. **Ask students to complete the Lunch Check form on the back of this page.**

The form asks the student to write, or draw, the contents of their lunch for that day.

2. **Analyse each response.**

At the bottom of the form, tick each of the following food group boxes, if the food is present.

Having foods from each of the four food groups can be a balanced, healthy lunch.

- ✓ Grain Products
- ✓ Vegetables and Fruit
- ✓ Milk Products
- ✓ Meat and Alternatives
- ✓ Other Foods

The results will highlight those food groups which are least or most consumed. Because there will be no names recorded, the data analysis could be carried out by students, support staff or parent volunteers.

Promotion Activities

Use the baseline information to help plan school nutrition activities. For example, the baseline information may indicate that you need to place an emphasis on encouraging more vegetables and fruit or less other foods. Remember to involve the whole school community.

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Lunch Check

Conduct a Second Lunch Check

Near the end of the planned activities, or school term, conduct the **Lunch Check** again.

Follow the same procedure as before.

Share Your Results

What did you find out? Did the nutrition promotion make a difference?

YES: Congratulations! How can you sustain these efforts so it is not a 'flash in the pan'?

NO: How could you do things differently? Evaluate the different approaches taken.

Don't give up! The health and wellbeing of your students is important.

Grade: _____

LUNCH CHECK FORM

What are you eating for lunch today? (write or draw below)

Do you have a drink today?

- Yes
 No

What is it?

SCHOOL USE ONLY

- Grain Products
 Vegetables and Fruit
 Milk Products
 Meat and Alternatives
 Other Foods