**Survey results March 2017**

As part of school’s healthy eating ethos, a recent survey of the food provision was carried out and we received responses from about 10% of those using the Play Station.

Many thanks to those of you who replied.

***Were you aware…***

* That the sugar content of Alpha Bites is actually lower than that in Mini Banana Weetabix?
* That the nutritional content of white bread is no less than in brown or wholemeal bread, it just has a bit less fibre in it? (see the Headteacher’s Blog on 23 February 2017 for more detail). At the Play Station we provide quality bread from Hovis and Warburtons which does have higher fibre content than other white breads.
* That the children are encouraged to make up their own sandwiches to engage them and get them thinking about healthy eating.
* That lactose and gluten free options are always available for those children who require them.
* Children are welcome to bring a packed tea to eat during the evening session if they wish.

***You said, we listened…***

* After Easter we are going to remove the cereals with the highest sugar content; Mini Banana Weetabix, Boulders and Frosties from the menu. We will always be on the lookout for alternative cereals with lower sugar content that we can introduce.
* Children have always been limited to a maximum of three slices of bread at snack time. We will now ensure that only one slice will be allowed to have a sweet topping and alternative savoury toppings are provided for the others.
* We have now switched to low sugar jam which has only 0.3g sugar per serving compared to 7.3g in normal jam. We will also remove lemon curd from the menu after Easter.
* Having reviewed the fat and sugar content of cheese slices and triangles we have decided to leave these on the menu but limit the number of cheese slices to one per child. We will also provide real cheddar cheese for a trial period to see if this is popular.
* We have also decided to leave natural honey on the menu due to its popularity but this will only be available on two days per week (the days will be changed around each week).
* We will make at least one fresh fruit available every day and will introduce termly “taster bites” to introduce the children to exotic and unusual fruit.

***Future developments…***

* We will trial a “wrap day” once a month where the children can make up their own wraps from a selection of fresh ingredients.
* From Easter we have a new catering provider, Caterlink, and we will be reviewing our before and after school menus with them to obtain expert advice on any other potential improvements.
* We will continue to review the food choices to ensure there is something for everyone, please speak to the Play Station staff if you have any special requirements.
* We will consider the provision of hot snacks such as soup or beans on toast, but there may be a cost implication that goes along with this. We will, of course, consult with you again should this be the case.