

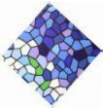
School Breakfast Program

Mid-Year Report 2011



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INTRODUCTION

The Foodbank WA School Breakfast Program (SBP) commenced in 2001 with 17 schools. Since then, the program has reached over 397 schools across metropolitan and regional Western Australia¹. The common catalyst for schools establishing a breakfast program is students presenting to school without eating an adequate breakfast¹. Through the program, students receive a nutritional breakfast and benefit from many positive social, educational and health outcomes.

As part of its commitment to providing a community focused, relevant and high quality program, Foodbank WA regularly evaluates the SBP program. A mid-year survey was sent to 316 SBP co-ordinators in June 2011. In total 228 SBP co-ordinators responded to the survey a response fraction of 72%. The aim of this survey was to:

- measure awareness of the Department of Education's Healthy Food and Drink Policy within SBP Schools.
- gauge knowledge of the Food Sensations and Choose to Move programs provided as part of the Healthy Food For All Program.
- measure the effectiveness of current communication and information strategies used by Foodbank WA.

RESULTS

The majority of SBP co-ordinators were aware of the Department of Education's "Healthy Food and Drink Policy" (89%). Of those who were aware of the policy, most had read the policy (72%). (Table 1a and 1b)

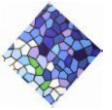
Table 1a: Are you aware of the Department of Education's Healthy Food & Drink Policy?

	n	%
Yes	202	88.6
No	8	3.5
Unsure	18	7.9
Total	228	100.0

Table 1b: If you answered 'Yes', have you read the Dept. of Education's Healthy Food & Drink Policy?

	n	%
Yes	143	71.9
No	47	23.6
Unsure	9	4.5
Total	199	100.0

**3 respondents did not answer the question*



Overall, 64% of respondents were aware of the Food Sensations Program (36% were unaware) and 47% were aware of the Choose to Move program (53% were unaware) (Table 2a and 2b).

Table 2a: Previous to this survey, had you heard of the Food Sensations Program?

	n	%
Yes	143	64.4
No	69	31.1
Unsure	10	4.5
Total	222	100.0

**6 respondents did not answer the question*

Table 2b: Previous to this survey, had you heard of the Choose to Move Program?

	n	%
Yes	104	46.8
No	101	45.5
Unsure	17	7.7
Total	222	100.0

**6 respondents did not answer the question*

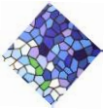
Of those respondents aware of one or both programs (n=162), the majority of respondents were aware that they were eligible to access the programs (85%) and most were aware that they could access the programs at no cost (74%) (Table 3 and 4).

Table 3: Are you aware that School Breakfast Program schools are eligible to access the Food Sensations and Choose to Move Programs?

	n	%
Yes	138	85.2
No	16	9.9
Unsure	8	4.9
Total	162	100.0

Table 4: Are you aware that the Food Sensations and Choose to Move Programs are available to School Breakfast Program schools at no cost?

	n	%
Yes	119	73.5
No	34	21.0
Unsure	9	5.6
Total	162	100.0



Overall, 64% of respondents would like to receive information about the Food Sensations program and 57% would like to receive information about the Choose to Move program (Table 5).

Table 5: Would you would like to receive further information about the programs listed above? (n=228)

	N (Yes)	% (Yes)
Food Sensations	145	63.5
Choose to Move	130	57.0

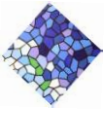
The vast majority of respondents agreed or strongly agreed that they were happy with the frequency of communication from Foodbank WA (99%), happy with the quality of information supplied by Foodbank WA (99%) and happy with the level of support provided by Foodbank WA (98%) (Table 6).

Table 6: Communication with Schools

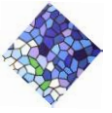
	n	Strongly Disagree %	Disagree %	Unsure %	Agree %	Strongly Agree %
I am happy with the frequency of communication from Foodbank WA.....	221	0.0	0.0	0.5	37.6	62.0
I am happy with the quality of information supplied by Foodbank WA.....	221	0.0	0.0	0.5	38.9	60.6
I am happy with the level of support from Foodbank WA.....	221	0.0	0.0	1.8	28.1	70.1

Respondent were then given the opportunity to comment on their interaction with Foodbank WA. The following statements were made:

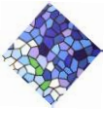
- *The Foodbank at Welshpool has always given XXX Primary fantastic help and service. We always receive the information.*
- *Miranda is a wonderful person to communicate with. She is always pleasant and helpful. No I am not a relative.*
- *The staff at Foodbank have been very supportive.*
- *The school is grateful for the continued support of Foodbank WA to ensure that the Breakfast Club is able to provide food and drinks for the students of XXX Primary School. The Year 6 classes thoroughly enjoyed the Food Sensations workshops which were run earlier in the year.*
- *XXX Senior High School really appreciates all the support Foodbank have given us in providing breakfast for our students, especially due to our isolation.*
- *We need assistance in having our supplies reaching the isolated community at XXX. Foodbank are able to move supplies to Broome. We need transport from Broome to XXX.*



- *I would like to make special mention of Miranda Infanti for her very helpful attitude and service to us each and any time I have met or spoken to her!*
- *We are very grateful for the ongoing support we receive from Foodbank WA.*
- *Very friendly and obliging staff.*
- *I have always found Foodbank very helpful and willing to assist where ever possible with the School Breakfast Program.*
- *Very friendly and supportive staff.*
- *Foodbank WA provide fantastic support - thank you heaps.*
- *We are already registered with Choose to Move and Food Sensations. We have received the equipment for the former and are just waiting to hear about the latter.*
- *Foodbank WA offer a fantastic service which is much appreciated by all at all 3 schools where I am involved.*
- *Very happy and thank you all for the wonderful job you do.*
- *Love to have a depot in the northern suburbs. the travel is a killer.*
- *Foodbank WA helps provide our students with breakfast that will help ensure they stay focussed on learning throughout the school day.*
- *Thanks to the people at Albany Foodbank the students that use the program are always grateful that it exists.*
- *I don't think the Food Sensations program is currently available here in Albany.*
- *Fantastic program-we love being involved!*
- *Foodbank are great. We are a XXX and deliver training in communities. The breakfast program has worked for our Aboriginal student retention rate. They don't leave class in the mornings now when the shop opens and they function better throughout the day. Thanks on behalf of XXX.*
- *Well done FoodBank.*
- *I believe Foodbank is an organisation that provides assistance and opportunity for schools to improve the quality of students' lives.*
- *We are extremely grateful to Foodbank for our supplies to our Breakfast Club.*
- *A wonderful asset - Foodbank WA!!!*
- *We have only just registered for the Foodbank program so we are just beginning to access all the programs.*
- *It is a great program.*
- *We'd just like to say they do the best job.*
- *It was great for you to do the volunteer for the year.*
- *Tami Fone and the staff at Albany Foodbank are extrememly supportive and friendly.*
- *We are very appreciative of the support Foodbank gives our community.*
- *Thank you so much - we couldn't do the breakfast program without your support!*
- *Always found staff at Foodbank very helpful and supportive. A big thank you!!*



- *We are certainly very privileged to be part of this great program! We think it is wonderful!*
- *We are eternally grateful for Foodbank's assistance with fruit for our children.*
- *Very prompt and efficient service every time.*
- *The students look forward to Tuesday breakfast club and it has become a great social time for the students. It has also provided opportunity for authentic life skills for Ed support students.*
- *Foodbank WA allows our school to provide a healthy breakfast or 'top up' to students. It also supports our new kitchen garden program where students learn to cook and prepare recipes using food made available on the school breakfast program and other stock as available from Foodbank at a subsidised cost therefore reducing the cost of running the program. This program runs whole school.*
- *It is a great support to us, in providing food for the students. Invaluable! Thank you.*
- *I love early starts for schools on Thurs, is it possible to be two days e.g. Tues and Thurs.*
- *Foodbank provide a wonderful service for the Central Desert people of Australia.*
- *Doing a fantastic job. The Foodbank allocation allows our students to feel normal with their food for lunch and breakfast.*
- *A big thankyou from all the students at the school who wouldn't receive breakfast without you.*
- *I really value the Foodbank and just wish we could access the bread and fresh fruit.*
- *Foodbank is a fantastic service. Keep up the good work.*
- *Foodbank is a fantastic program and we really appreciate the support provided by staff.*
- *Foodbank has been very supportive in resourcing the school breakfast program of XXX Primary School.*
- *I am new to this position, having been the Principal here for only 3 weeks.*
- *Foodbank is critical to our school. We could not run our programs without it.*
- *The enjoyment that our kids get from making their own breakfast and eating it.*
- *Have the availability of health bars eg muesli bars to every school.*
- *We receive great support from Foodbank. Generally we don't need additional information about programs as we find it difficult to allocate time to include the programs. The curriculum is already crowded. However some teachers are able to incorporate additional activities where they match learning outcomes, so we are happy to hear about what is on offer.*
- *Excellent program that is very beneficial to our remote students.*
- *This service has been and will be of enormous value to remote communities especially in times of flood and when roads are closed. this community has no shop and could not get to any shops for for weeks BUT the kids had food.*
- *An outstanding program. Congratulations to Miranda and staff on your professionalism.*
- *Great programme congratulations to all involved. Special thanks to all the volunteers.*
- *We appreciate being able to access the Foodbank program for our after school program and breakfast club but we would be able to make use of it more if we were able to have supplies delivered to the school. The time required to drive out to the warehouse prevents*



us from using it as much as we would like to.

- *Miranda is exceptional!*
- *I feel the level of contact to be more than adequate and Foodbank gets the message across well. It has to be remembered that schools deal with many programs through the day in a limited time frame.*
- *Love you to open up a centre near Fremantle!*
- *Think that you do a wonderful job.*
- *Foodbank makes a real difference to my school.*

SUMMARY OF FINDINGS

- The vast majority of respondents agreed or strongly agreed that they were happy with Foodbank WA in terms of the frequency of communication, quality of information and level of support. The majority of SBP co-ordinators were aware of the Department of Education's "Healthy Food and Drink Policy".
- Although most respondents were aware of the Food Sensations Program, 36% were unaware, and although approximately half were aware of the Choose to Move program, 53% were unaware. Foodbank WA should therefore continue to promote these programs by existing methods but also consider other communication options. As many respondents would like to receive information about the Food Sensations and Choose to Move programs, Foodbank WA should take this opportunity to contact respondents and promote both programs. When promoting these programs, Foodbank staff should highlight that all SBP schools are eligible to participate and that the programs are provided free of charge.

REFERENCES

1. School Breakfast Program (2010). Foodbank WA [Online]. Accessed Jan 2011.
Available at:
http://www.schoolbreakfastprogram.com.au/index.php?option=com_content&view=article&id=50&Itemid=57&phpMyAdmin=12c%2CAs1ResK6fRGj40ly7gy%2CG0