

## Attitudes Towards School Food Programs – Caregivers’ Survey

### Researchers:

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### Background:

Many families in Canada are struggling to send healthy foods with their kids to school. Children in Canada, whether rich or poor, do not eat very healthy diets. Chronic diseases related to nutrition such as diabetes and heart disease are rising. Research from around the world shows that a healthy school lunch, served to all kids in a school can improve overall diet in children.

Researchers from the University of Saskatchewan would like to know about how parents and caregivers of elementary school children in Saskatoon view school lunch programs. The information you share will help us to think about how to design programs that may be established in the future.

**Please have one adult in your household complete this survey. If there are two or more adults in your household choose the adult who is most often responsible for children’s school lunches or feeding the children in the household.**

### Confidentiality and potential risks:

Participation in this research is voluntary, and you can stop the survey at any time. We encourage you to complete the entire survey, but you may skip any question by hitting the “Next” button twice to advance to the next page of the survey.

You cannot be personally identified based on the data we collect. This research project has been approved on ethical grounds by the University of Saskatchewan Research Ethics Board. Any questions regarding your rights as a participant may be addressed to that committee through the Research Ethics Office [ethics.office@usask.ca](mailto:ethics.office@usask.ca) (306) 966-2975. Out of town participants may call toll free (888) 966-2975.

For more information on the study itself please contact:

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Incentives: Anyone who completes the survey can enter to win one of three \$100 grocery store gift cards.

I have read the information above and wish to complete this survey:

Yes

No

**Section A: Basic household characteristics**

1. How many people are currently living in your household, including yourself?

Total number of people (1)

Of these people, how many are children under the age of 18? (2)

Of these people, how many are adults? (3)

Of the adults, how many bring income into the household? (4)

2. What is your age?

Choose not to answer

3. What is your gender identity?

Woman

Man

Transgender

Other

Choose not to answer

4. We are trying to determine if family heritage influences attitudes towards school lunch programs and their menus. If you are willing to self-identify your family heritage, please select the group(s) you identify with from the list below taken from the Canadian Community Health Survey (CCHS).

If you prefer not to provide this information please select “choose not to answer.”

White or Caucasian

First Nations

Métis

Inuk (Inuit)

South Asian (e.g., East Indian, Pakistani, Sri Lankan)

Chinese

Black or African-Canadian

Filipino

Latin American

Arab

Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Laotian)

West Asian (e.g., Iranian, Afghan)

Korean

Japanese

Other (Please specify)

Don't know

Choose not to answer

5. Which of the following best describes your current status (check all that apply)?

- Working full-time (1)
- Working part-time (2)
- Unemployed or laid off (3)
- Looking for work (4)
- Staying home raising children full-time (5)
- Retired (6)
- Full time student (7)
- Part time student (8)
- Other

Please specify

Choose not to answer

6. What is the highest level of education that you have attained?

- 1 Less than high school
- 2 High school diploma or equivalent
- 3 Skilled trades training
- 4 Some college or university
- 5 College or university degree or higher
- 6 Other (please specify): \_\_\_\_\_

Choose not to answer

7. What is your six-digit postal code?

Do not know

Choose not to answer

If you cannot recall your postal code, what is your address?

8. Do you have a child/children attending school (kindergarten up to grade 8) in Saskatoon?

0 No            1 yes

Choose not to answer

If yes, please indicate the number, grade and their self-identified gender:

Please indicate number of child you have:

# of Child	Education	Gender	Name of School	Does the child has any dietary restriction? 0=No, 1=Yes	If yes, please mention the name of dietary restriction
Child 1					
Child 2					
Child 3					

Code: Education of child:

- 1 Kindergarten 1
- 2 Grade 1
- 3 Grade 2
- 4 Grade 3
- 5 Grade 4
- 6 Grade 5
- 7 Grade 6
- 8 Grade 7
- 9 Grade 8

Code: Gender of child:

- 1 Boy
- 2 Girl
- 3 Transgender
- 4 Other
- 4 Choose not to answer

Code: Dietary restrictions

- 1 Vegetarian or vegan
- 2 Halal food
- 3 Allergy
- Please mention -----
- 4 Lactose intolerant
- 5 Other
- Please mention -----

9. Do your children live with you?

Yes

No

Choose not to answer

10. Do(es) your child(ren) school(s) offer any kind of daily meal program such as breakfast, snacks or lunch?

0 No

1 yes

2 Do not know

11. (If yes) can you tell us the type? Check all that apply

Lunch program

Snack program

breakfast & lunch both

Milk program

Breakfast program

Other

Do not know

Choose not to answer

12. Has your child(ren) ever participated in any sort of daily school meal program?

0 No

1 yes

13. Could you tell us how important these statements are to you:

If a lunch program was offered in my child(dren)'s school, I would have my child(ren) participate IF

	Not important at all (1)	Somewhat Important (2)	Important (3)	Very important (4)
Lunches are free				
Lunches are not free but affordable for my household income				
Various food portions/sizes are offered				
Meals include a drink				
Different food options are offered every day				
The menu is developed in accordance with the Canada Food Guide				
The food is healthy				
All or most of the children in the school can participate				
The food is culturally appropriate for my children				
My child(ren)'s allergies, intolerances and/or religious dietary practices are accommodated				
The children in the school are sometimes involved in preparing the food that is served				
The children are sometimes involved in growing some of the food that is served				
The children eat together with an adult and socialize during the meal				
There is enough time for the children to eat their lunch				

The children learn how food is grown and ends up on their table as part of the lunch program				
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Suppose, in your child(ren)'s school(s) there was a lunch program offered to all children on a cost shared basis. This means all children could participate regardless of whether their caregivers could pay, and families that could afford to contribute would pay some portion of their child(ren)'s food costs. The program would accommodate various dietary needs (vegetarian foods, major allergies, halal foods as examples). The program would include teaching kids about cooking by having them participate in cooking the lunch periodically as part of their classroom learning about once a month. The program would include growing some food at the school and showing the kids how to do that.

Caregivers/parents could pay for their own child(ren)'s lunches, not pay anything at all or pay a bit extra to help another child whose family couldn't afford to pay. If a lunch program like this is offered,

14. Would you want your child(ren) to participate in such a program?

0 No 1 Yes

In order to help us further understand how much families in Saskatoon could afford to pay for a daily lunch program we would like to ask a few more questions:

15. Would you be able to afford a daily payment of \$4.00 CAD per child (about \$750 per school year or \$75 per month)?

0 No 1 Yes Choose not to answer

16. Would you be able to afford a daily payment of \$8.00 CAD per child (about \$1500 per school year or \$150 per month)?

0 No 1 Yes Choose not to answer

17. Would you be able to afford a daily payment of \$2.00 CAD per child (about \$375 per school year or \$40 per month)?

0 No 1 Yes Choose not to answer

18. Can you tell us what would be the maximum amount you would be able to pay daily per child for a program like this?

19. What is your best estimate of the total income received by all household members, from all sources, before taxes and deductions, each month (Income can come from various sources such as from work, investments, pensions or government. Examples include Employment Insurance, Social Assistance, Child Tax Benefit and other income such as child support, alimony and rental income.)

Less than \$1000

\$1000- 1999

\$2000-2999

\$3000-3999

\$4000-4999

\$5000-5999

\$6000-6999

\$7000-7999

\$8000-8999

\$9000-10000

More than \$10,000

Don't know

Choose not to answer

The following questions are about the food situation for your household in the past 12 months. Please read the statements that may be used to describe the food situation for a household. Please tell me if the statement was often true, sometimes true, or never true for your household in the past 12 months.

20. Have you ever worried that food would run out before you got money to buy more?

FSC\_010

1. Often true

2. Sometimes true

3. Never true

Choose not to answer

21. The food that you bought just didn't last, and there wasn't any money to get more?

FSC\_015

1. Often true

2. Sometimes true

3. Never true

Choose not to answer

22. In the past 12 months, you couldn't afford to eat balanced meals FSC\_020

1. Often true

2. Sometimes true

3. Never true

Choose not to answer

Now, please read the few statements below that may describe the food situation for households with children. (If the households have any young and old kids, than the following few questions would be asked, if not these would be skipped. My survey is with the parents with children, so all these will be asked)

23. You have relied on only a few kinds of low-cost food to feed a child because you were running out of money to buy food. FSC\_025
1. Often true
  2. Sometimes true
  3. Never true
- Choose not to answer

24. You couldn't feed the child a balanced meal, because you couldn't afford it. FSC\_030
1. Often true
  2. Sometimes true
  3. Never true
- Choose not to answer

If answers to any question from 20, 21, 22, 23 and 24<=2 and if there is a child in the hh, the next question will be asked. Otherwise go to the next note.

25. Your child was not eating enough because you or other adult members just couldn't afford enough food. FSC\_035
1. Often true
  2. Sometimes true
  3. Never true
- Choose not to answer

If answers to any question from 20, 21, 22, 23 and 24<=2 and if there is any adult member in the household, please go to 26. Else go to end of the question

The following few questions are about the food situation in the past 12 months for you or any other adults in your household.

26. In the past 12 months, did you or other adult household members ever cut the size of your meals or skip meals because there wasn't enough money for food? FSC\_040

1 Yes                      0 No                      Choose not to answer

27. If yes to Q26, how often did this happen? Was it...? FSC\_045
1. Almost every month
  2. Some months but not every month
  3. Only 1 or 2 months
- Choose not to answer



28. In the past 12 months, did you personally ever eat less than you felt you should because there wasn't enough money to buy food? FSC\_050

1 Yes                      0 No                      Choose not to answer

29. In the past 12 months, were you (personally) ever hungry but didn't eat because you couldn't afford enough food? FSC\_055

1 Yes                      0 No                      Choose not to answer

30. In the past 12 months, did you (personally) ever lose weight because you didn't have enough money for food? FSC\_060

1 Yes                      0 No                      Choose not to answer

If Q25<=2 or any of Q26, Q28, Q29 and Q30 was yes, please answer Q31. Otherwise go to survey end.

31. In the past 12 months, did you or any other adult member of the household ever not eat for a whole day because there wasn't enough money for food?FSC\_065

1 Yes                      0 No                      Choose not to answer

32. If yes to Q31, how often did this happen? Was it...? FSC\_070

- 4. Almost every month
- 5. Some months but not every month
- 6. Only 1 or 2 months
- Choose not to answer

If there is any children (young+old), next questions will be asked (so will be asked in my survey) Now, a few questions on the food experiences for children in your household.

33. In the past 12 months, did you or any other adult members ever cut the size of meals of a child because there wasn't enough money for food? FSC\_075

1 Yes                      0 No                      Choose not to answer

34. In the past 12 months, did any child ever skip meals because there wasn't enough money for food? FSC\_080

1 Yes                      0 No                      Choose not to answer

35. If yes, how often did this happen? Was it...? FSC\_085

- 1 Almost every month
- 2 Some months but not every month
- 3 Only 1 or 2 months

Choose not to answer

36. In the past 12 months, was any child ever hungry but you just couldn't afford more food?  
FSC\_090

1 Yes

0 No

Choose not to answer

37. In the past 12 months, did a child ever not eat for a whole day because there wasn't  
enough money for food? FSC\_095

1 Yes

0 No

Choose not to answer