



ST. MICHAEL'S SCHOOL

Cranford, New Jersey USA

Survey-I Curriculum-Tuition

109 Respondents
48% Response Rate

Survey-II Environment-Lunch Program-Sports Program

103 Respondents
45% Response Rate

97% Responded
Have internet access and
want email
communication

71% Responded
SMS should offer
healthier lunch and snack
choices

85% Responded
SMS should provide a list
of healthy snack choices

85% Responded
SMS should integrate
nutritional education into
curriculum

67% Responded
Student's birthdays
should continue to be
celebrated with cupcakes

49% Responded
Would pay more if lunch
was healthier

76% Responded
Healthier snacks should
be offered at meetings
and events

St. Michael's School Satisfaction Survey Results Focus: Food Service Program -- 2005 / 2006

Here are the survey results regarding the SMS "Food Service Program":

While parents acknowledged that SMS's lunch program has improved from last year, parents want increasingly healthier school lunches and snacks in addition nutrition education. While knowledge alone will not enable students to adopt healthier eating habits, parents said, "forget the fries and add more fruit". Parents unanimously told us they want a list of healthy snack ideas.

In New Jersey, the Model School Nutrition policy will go into effect for the 2007-2008 school years and requires school districts to ban soda and junk food in addition to teaching better eating habits. This policy covers PreK through high school and requires schools to develop a nutrition policy by September 2006. Schools not accepting the new nutrition policy will face the loss of state and federal financing. Private and parochial schools in which five percent or more of students participate in the Federal Child Nutrition Program, which provides reduced-cost meals, would also be subject to the policy.

At South Orange Middle School many of these new regulations have been put into place. Pat Johnson, South Oranges Middle School's food service director stated, "People told us that participation in our school lunch program would decrease, but actually has gone up. If you offer the healthy foods, the kids will eat them." Also reported by some teachers were that students were "less likely to misbehave and more likely to pay attention after having a nutritious meal."

So, what does this mean for SMS and how can we implement a lunch program with healthier foods and a nutrition program

Parent's suggestions included:

"Although already in place for 6th-8th grades, can SMS expand nutrition education for preschool through 5th grade incorporating the expertise of physical education and the school nurse?"

"Research feasibility of project WISE developing a horticulture program providing children the opportunity grow and cook their own foods."

"Research healthier food programs offered by Mashio, SMS's current food vendor. Does Mashio offer different qualities of food with better nutrition? Discuss with Mashio opportunities for student tasting days."

"Consider having SMS's food program evaluated by a nutritionist. Does Mashio employ a nutritionist?"

"Review current prepaid lunch card program. Survey reported that the current practice is inefficient requiring manpower that could better be used for food preparation. Younger students lose their cards on the playground."