

Transitioning to a healthy school lunch at primary schools in the Netherlands: which school lunch concepts have most support from children and parents?

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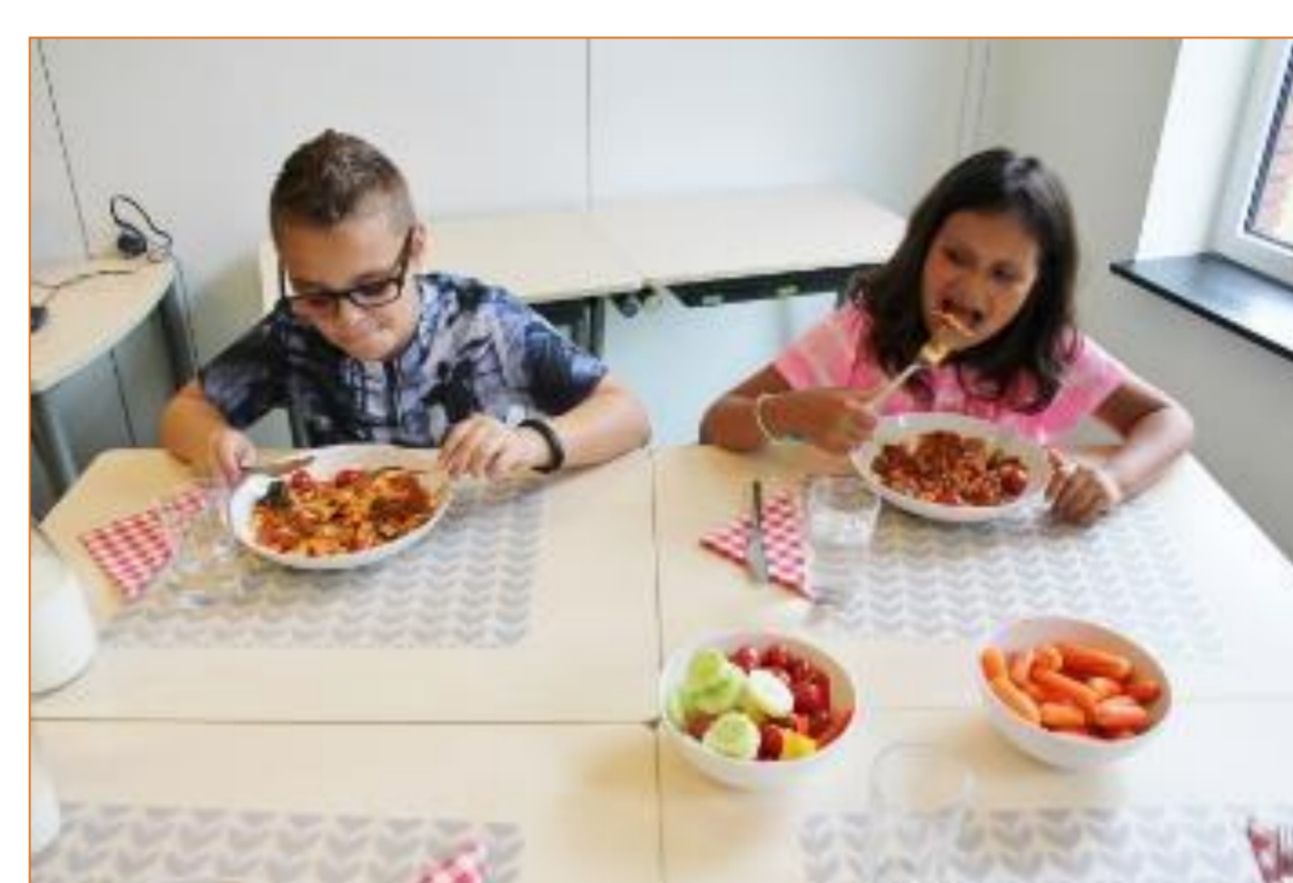
Background

Transitioning from eating lunch at home to eating lunch at school may contribute to a healthier diet of Dutch primary school children.



Objective

Provide insight in children's and parents preferences for healthy school lunch concepts.



Methods

Children

- Cross-sectional study among Dutch primary school children aged 4-12 years of seven primary schools.
- Demographic characteristics and lunch preferences were obtained through a questionnaire.

Parents

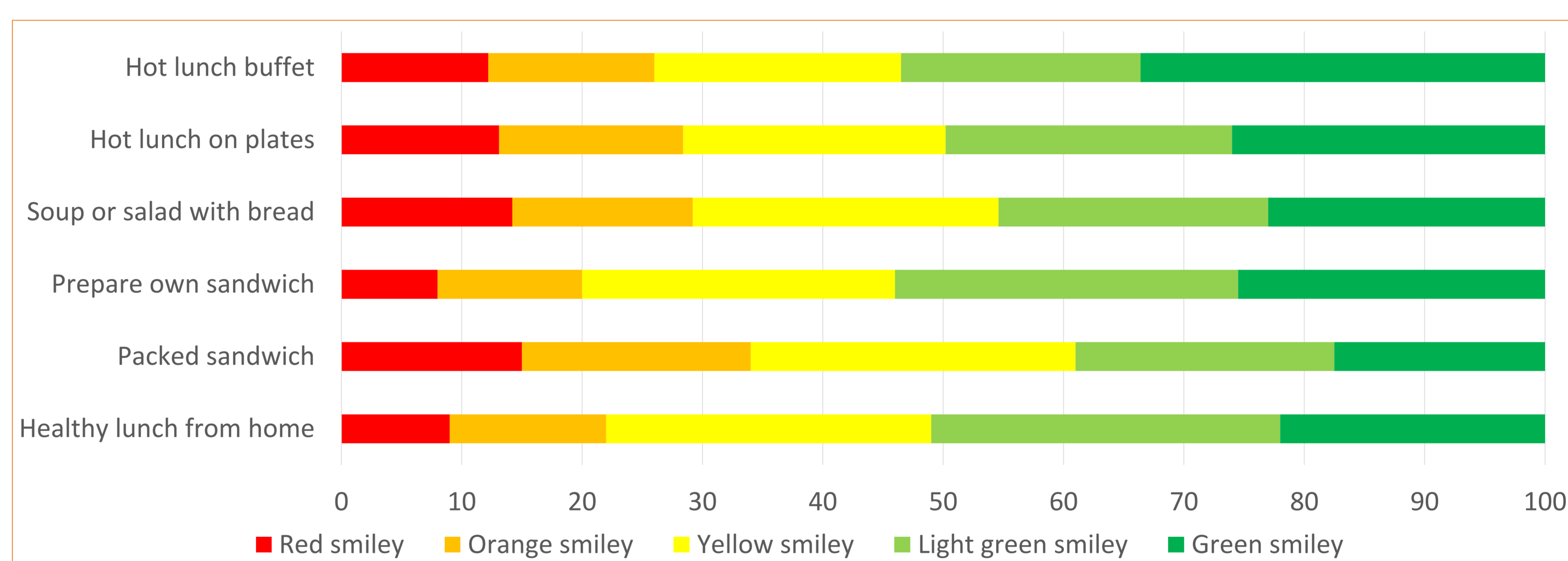
- Online administrated questionnaires

Method

- Preferences measured on a five point Likert scale



Preferences for school lunch concepts - Children



- Children more positive for the concept prepare your own sandwich
- Children more negative for the lunch concept packed sandwich
- Girls: higher preference for a hot lunch on plates (p=0.009), prepare your own sandwich (p=0.008) and soup or salad with bread (p=0.007).

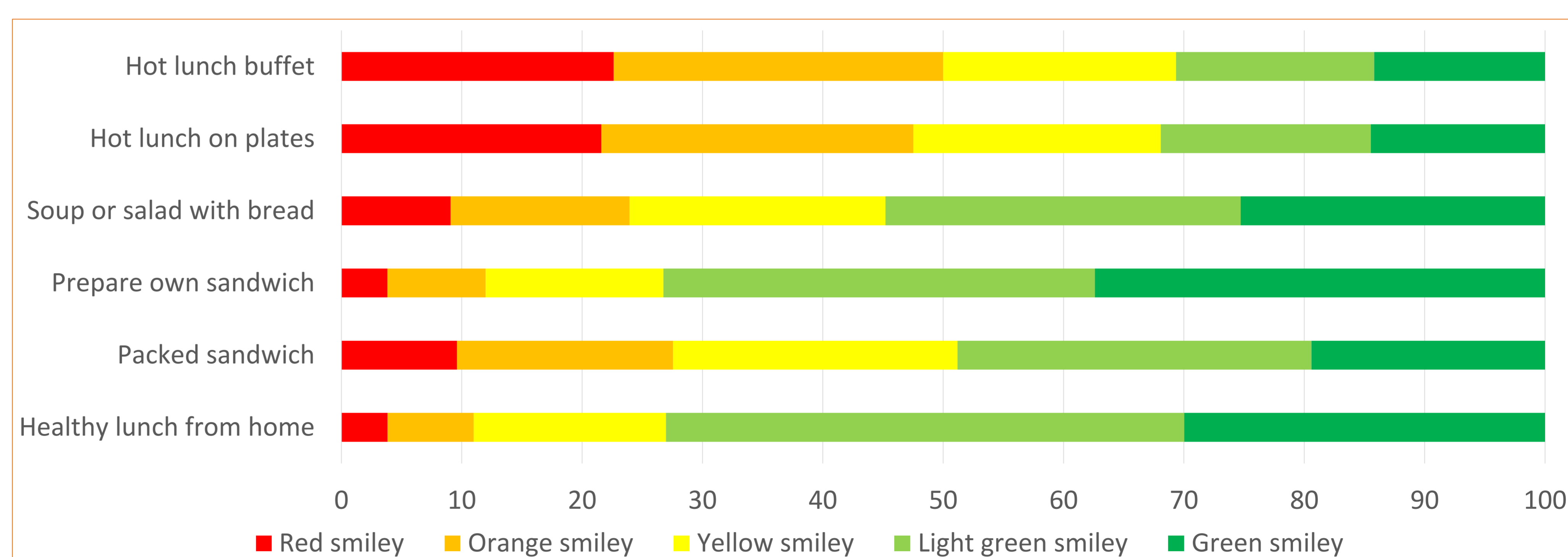
Table 1 Characteristics

	Children		Parents	
	N	%	N	%
Total	639		1952	
Male	296	46.3	257	13.2
Female	343	53.7	1539	78.8

Conclusions

- Preferences of children for the healthy school lunch concepts are mainly positive
- Among Dutch parents there is most support for the "healthy lunch from home" and the "prepare your own sandwich" concepts.

Preferences for school lunch concepts - Parents



- Parents more positive for the concept prepare your own sandwich and a healthy lunch from home
- More negative for a hot lunch, either as buffet or on plates provided at school

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