



‘Ready Steady Lunchbox’

Evaluation of Training

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Aim



To assess whether running
‘Ready Steady Lunchbox’
sessions for children and parents
in five schools in Peterborough
had an effect on the nutritional
content of their lunchboxes



Objectives



- To assess the effect of RSL on the content of children's lunchboxes.
- To determine whether RSL is an appropriate tool for this age group and their parents, using attendance and feedback as indicators

Background



- 6% (preschool) - 17% (15 year olds) are obese - **trebled** in the last 10 years!
- Schools provide an opportunity for prevention of childhood obesity
- In 2001 DfEE (now DfES) introduced national guidelines for school meals:
 - one portion of fruit/veg
 - one portion of milk or dairy
 - one portion of meat, fish or other protein
 - one portion of a starchy food

Background



- BUT - Fewer than half of all children have a school lunch
- Started piloting RSL training in 10 schools in Peterborough
- >>> Needed to evaluate our work

What did I do?

- Sent flyers to schools - the first five to reply
- Devised a checklist
- Dietitian and Dietetic assistant went to each school at lunch and noted content of lunchboxes
- Completed RSL training in each school and gave leaflets on healthy lunchboxes
- One month later - re-checked lunchboxes content



Results

Parents' Attendance

Primary school	Parents' attendance
School 1	6
School 2	12
School 3	22
School 4	15
School 5	12

Results

Parents' questions

- My child doesn't eat veg!
- Is butter better than marg.?
- Should my child eat marmite every day?
- My child has milk with her chappattis, instead of s/w - is that ok?

Results

Food Standards Agency Vs Peterborough

(Percent of lunchboxes which had a certain type of food)

Food	Food Standards Agency	Before RSL	After RSL
Crisps	71	59	62
Chocolate Bar	60	71	57
Yoghurt/ Dairy	48	31	44
Fruit	<50	41	67
Protein filling s/w	-	76	66

What next?

- Continue Ready Steady Lunchbox Training, but ? at 'New Intake' sessions for parents to increase attendance.

