

Middle School Parent Survey

We invite you to participate in a parent survey. The purpose of the survey is to better understand parents' attitudes towards school meals at the school where your middle school child attends.

This survey asks your attitudes towards school meals. It asks about school meals at the school where your middle school child attends. The information gathered from the survey will be used to help schools improve their meals.

If you agree to participate, it will take 5-10 minutes to complete. You are free to skip any questions that you prefer not to answer.

We will keep the information you provide confidential. We will not collect your name or any identifying information about you. If we write a report about this survey we will do so in such a way that you cannot be identified.

There are no known risks from being in this study, however we hope that others may benefit in the future from what we learn as a result of this study.

Thank you very much for your consideration.

The following questions ask for information regarding your middle school student. If you have multiple children in middle school, think of your oldest middle school child.

Which school does your middle school student attend? _____

Is your middle school child in the free or reduced lunch program at their school?

Yes _____ No _____

Last week, how many days did your middle school child eat school breakfast?

☐ 5 days a week

☐ 4 days a week

☐ 3 days a week

☐ 2 days a week

☐ 1 day a week

☐ 0 days

Last week, how many days did your middle school child eat school lunch?

☐ 5 days a week

☐ 4 days a week

☐ 3 days a week

☐ 2 days a week

☐ 1 day a week

☐ 0 days

The next two questions ask about why or why not your middle school child eats school lunch. Please check all that apply.

Why my child does not bring food from home to eat at school (check all that apply)

☐ There is no time to pack a lunch from home

☐ We do not have money to pack a lunch from home

☐ My child received free or reduced cost lunch

☐ My child likes school lunch

☐ My child's friends eat school lunch

☐ School lunch is a healthy meal

☐ School lunch is a good value for my money

☐ School lunch is better for my child than what we can make at home

☐ My child does not like the food packed in a lunch from home

☐ My child does not eat school food

Why my child brings lunch from home to eat at school? (check all that apply)

- ☐ My child sometimes doesn't like what is being served at school
- ☐ My child does not like school lunch
- ☐ Lunch from home is cheaper than at school
- ☐ Lunch from home is made with love
- ☐ Lunch from home is a healthy meal
- ☐ Making lunch from home means I know what my child is eating
- ☐ Bringing a lunch from home gives my child more time to eat
- ☐ My child's friends bring lunch from home
- ☐ My child needs more food than school lunch provides
- ☐ My child will not eat fruits and vegetables the school lunch provides
- ☐ My child does not bring food from home to eat at school
- ☐ School lunch does not meet my child's specific dietary restrictions and/or allergies

Parent Knowledge Questions

Has your middle school child said anything to you about changes to school meals that occurred during the current school year?

- ☐ Yes
- ☐ No

What did your child say?

In your opinion, what is the purpose of the school meals program? (check all that apply)

- ☐ To provide school children with healthy food
- ☐ To make sure school children have something to eat during the day
- ☐ To help families who are struggling to feed their children because they do not have enough time
- ☐ To set an example for what a healthy meal looks like
- ☐ To give school children a break from their lessons
- ☐ To use up surplus food produced by farmers
- ☐ To help families who are struggling to feed their children, due to not enough money

**Thinking back to when you were in school, do you think school meals have changed much?
(check all that apply)**

- ☐ Schools meals are pretty much the same as when I went to school
- ☐ Schools meals have gotten a lot healthier compared to when I went to school
- ☐ Schools meals look more appealing since I went to school
- ☐ School meals are not as healthy as they used to be when I was in school
- ☐ School meals look less appealing since I went to school
- ☐ I would be less likely to eat school meals now than when I was in school
- ☐ I would be more likely to eat school meals now than when I was in school
- ☐ Portion sizes in school meals are larger in size than when I went to school
- ☐ Portion sizes in school meals are smaller than when I went to school
- ☐ I never ate school meals when I was in school/my school did not provide school lunch

Please rate how important different components of your middle school child's lunch are with 1 being not important at all and 7 being very important. Please select the level of importance that fits most closely with your opinion.

Fresh fruits and
vegetables are
available for your
middle school child's
school lunch

Protein-rich foods
(like turkey, fish,
beans, cheese, nuts)
are available for your
middle school child's
school lunch

Whole grain bread
products are
available for your
middle school child's
school meal

Foods in your middle
school child's school
meals are prepared
from scratch by
school food service
staff

Your middle school
child thinks school
meals taste good

The following questions ask about your perceptions of school lunch. Please select the level of agreement that fits most closely with your opinion.

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
School meals are healthy					
Eating healthy school meals will make my middle school child healthier					
Healthy school meals will help improve my middle school child's school performance					
My middle school child gets enough to eat at school meals					

Strongly
disagree

Somewhat
disagree

Neither
agree nor
disagree

Somewhat
agree

Strongly
agree

I can tell if the food my
middle school child
eats at school is
healthy

The food service staff
at my child's school
seems well-informed
about school meal
nutrition

Does your middle school child think school meals taste good?

- ☐ No, does not taste good at all
- ☐ No, tastes bad
- ☐ Does not taste good but does not taste bad
- ☐ Yes, tastes good
- ☐ Yes, very tasty
- ☐ I do not know
- ☐ My child does not eat school meals

Does your middle school child think that food in the school lunch line looks good?

- ☐ Definitely not
- ☐ Probably not
- ☐ Might or might not
- ☐ Probably yes
- ☐ Definitely yes
- ☐ I do not know
- ☐ My child does not eat school meals

Since the start of the current school year, on a typical day does your middle school child get a more nutritious meal at home or at school?

- ☐ School
- ☐ Home
- ☐ Both
- ☐ My middle school child does not usually eat school meals

How would you rate the cost of school meals at your middle school child's school?

☐ Very expensive

☐ Expensive

☐ Reasonable

- ☐ Very reasonable
- ☐ No opinion
- ☐ Not sure what the cost of a school meal is
- ☐ Best value for my dollar
- ☐ My child participates in the free or reduced school meal program

Are there any specific healthy foods you would like to see offered at your middle school child’s school meals?

The following questions ask about your perceptions of the school lunchroom and staff at your middle school child’s school. Please select the level of agreement that fits most closely with your opinion.

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	I don't know
The school lunchroom staff is friendly						
I know that I can offer suggestions to school lunchroom staff						
The school lunchroom staff offers suggestions to my child about which food to try						
My child usually likes the food served in the school lunchroom						

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	I don't know
The school lunchroom staff know my child's name						
I think the school lunchroom staff care about the students in my child's school						
If my child had a problem- she/he could go to one of the school lunch staff for help						

The following questions ask about your perceptions of the school lunchroom and staff at your middle school child's school. Please select the level of agreement that fits most closely with your opinion.

	Strongly Disagree	Somewhat Disagree	Neither agree nor disagree	Somewhat agree	Strongly Agree	I don't know
School lunchroom staff regularly speak to my child in the lunch line						
The school lunchroom serves a good variety of food						
When my child purchases a school lunch, she/he has plenty of time to buy and eat food						
The lines in the school lunchroom are too long						
The school lunchroom runs out popular foods before everyone is served						
When my child purchases a school lunch, she/he feels forced to take healthy foods						

Of the following items, rate how important they are to you for keeping your child healthy, with 1 being not important at all and 5 being extremely important.

Staying current on
immunizations/shots

Going to the doctor
for check-ups

Getting enough
sleep

Healthy eating

Drinking enough
water

Washing hands
regularly

Brushing teeth

Reducing stress

Staying away from
alcohol, drugs,
tobacco

Reducing the
amount of pop or
sugary drinks

Eating more fruits
and vegetables

Do you have any further thoughts or ideas about improving school meals at your middle school child's school?
