

Sample SFP Survey Questions & Topics

*Adapted from the USask School Food Development Project (SFDP)¹.
Feel free to use and adapt to suit your school's needs and purposes.*

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Sample School Staff Online Survey Questions

1. What is your role in the school?
 - a. Teacher
 - b. EA
 - c. Administrator
 - d. Other
2. If you are a teacher:
 - a. How many students in your homeroom?
 - b. How many of your students stay for lunch (on average)?
 - c. How many of your students access snack program each day (on average)?
 - d. How many students have a school breakfast (on average)?
3. Have you ever provided emergency meals or snacks to a student outside of regular school meal programs? Yes or No
4. How well does the food provided at your school support healthy eating (as outlined in Canada's Food Guide) by making "healthy" foods available and/or by limiting "unhealthy" foods? (*consider the food sold or provided by any of the following: school vending machines, hot lunches, special events, school meals and snacks, etc.*)
 - a. Almost no healthy options are available (lots of fried foods, sugary baked goods, heavily processed snacks, etc.)
 - b. We try to make healthy options available and/or try to limit unhealthy foods but are not regularly able to do so (due to budget, availability, student preference)
 - c. Healthy options are regularly available and/or unhealthy foods are limited
 - d. Providing healthy foods is fully supported and implemented by our school community.
 - e. We pay little attention to whether a food is healthy or not healthy
 - f. I don't know
5. In general, what sorts of foods do you see students bring from home for snacks or meals? (open question)
6. Our school offers opportunities for students to: (*select all that apply*)
 - a. Learn how to cook and prepare food
 - b. Help prepare or serve food for school meal and/or snack programs
 - c. Garden and grow food
 - d. Learn about nutrition and healthy eating
 - e. Practice recycling and/or composting
 - f. Engage in land-based education or outdoor education that focuses on food (outdoor cooking, plant/fungus identification, wild harvesting, hunting/fishing, etc.)
 - g. Learn about food systems and the processes food undergoes in the journey from farm to table
7. I am interested in supporting student learning and participation around: (*select any that apply*)
 - a. Learning how to cook and prepare food
 - b. Helping prepare or serve food for school meal and/or snack programs
 - c. Gardening and growing food
 - d. Learning about nutrition and healthy eating
 - e. Practice recycling and/or composting
 - f. Engage in land-based education or outdoor education that focuses on food (outdoor cooking, plant/fungus identification, wild harvesting, hunting/fishing, etc.)
 - g. Learn about food systems and the processes food undergoes in the journey from farm to table
8. Is there anything else you would like to tell us about food-related initiatives, activities, programs or policies that are underway at school? (open question)
9. Please add any further comments you have about what is going on at school with regards to food and cooking. (open question)

Sample Community/Family Online Survey Questions

1. Do you think it's important for food to be served to students at school?
 - a. Yes
 - b. No
 - c. I'm not sure
2. Do the students who live in your household eat breakfast before leaving for school?
 - a. Yes, always.
 - b. Yes, sometimes or some of the students.
 - c. No, they eat breakfast at school, daycare, before school program etc.
 - d. No, they don't eat breakfast.
 - e. No elementary or high school students live in my household.
3. Do the students in your household stay at school for lunch?
 - a. Yes, always.
 - b. Yes, sometimes.
 - c. No, they go home.
 - d. No, they go somewhere other than home for lunch (daycare,
 - e. No elementary or high school students live in my household
4. Who makes lunch for the students in your household? *(select all that apply)*
 - a. A parent or caregiver makes their lunch(es)
 - b. They make their own lunch(es)
 - c. They eat lunches prepared by or at the school
 - d. They eat lunches prepared by a restaurant or other business outside the school
 - e. They don't eat lunch
 - f. No students live in my household
5. Thinking about the existing food programming at your school, are these statements true?

Qualities of a School Food Program	Yes/Usually	Sometimes	No	I don't know
The food is healthy				
The food is enjoyable				
The food helps students feel well				
There is cultural food (traditional or land-based food)				
The food is familiar (not too unusual)				
There is lots of variety				
There is enough food (Students are well fed)				
Students can help (cooking, preparing or serving food)				

6. Which of the following are important to you when it comes to school food programs?

	Not Important	Somewhat Important	Important	Very Important
Food is free				
Food provided is not free but affordable				
Various food portions/sizes are offered				
Meals include a drink				
There is enough variety				
There are plenty of fruits and vegetables				
There are high quality protein foods (grocery or wild meats, fish, eggs)				
There are whole grain options (whole wheat bread, Bannock and pasta; wild rice)				
All or most students can participate				
The food is culturally appropriate				

Student allergies, intolerances and/or religious dietary practices are accommodated				
Students can be involved in preparing the food that is served				
Students can be involved in growing some of the food that is served				
Students eat together with an adult and socialize during the meal				
There is enough time to eat their food				
That food programming is part of the curriculum				
Students learn how food is grown or harvested from the land before it is served				

7. Do you have any food skills or knowledge (cooking, baking, food preservation, gardening, hunting/fishing, etc.) that you would be willing to share with the students at our school?
 - a. No
 - b. Yes (if yes, please describe and include your name, phone number and email so we can contact you directly)
8. Would you be willing to volunteer to support the school meal program at our school (with planning committees, food service, fundraising, etc.)
 - a. No
 - b. Yes (if yes, please describe how you are willing to help and provide your name, phone number and email so we can contact you directly)

Sample Student Online Survey Questions

Student survey questions have been adapted by the SFDP from the Good Food For Learning project’s student nutrition knowledges, attitudes and practices (KAP) survey.² The SFDP offered student surveys to students in grades 4-11. To reduce reading and writing load, and because this is a topic that may be unfamiliar to students, it is recommended to consider using multiple choice questions wherever possible.

1. What grade are you in?
2. How do you feel about going to school?
 - o I like school very much
 - o I don't like school
 - o I like school sometimes
3. Do you eat lunch at school? *(check all that apply)*
 - o I eat lunch made at school
 - o I bring my own lunch to school
 - o Someone drops me off a lunch to school
 - o I purchase lunch from nearby restaurants, convenience stores, etc.
 - o I go home for lunch
 - o I go somewhere else for lunch (tell us where):
 - o I don't usually eat lunch
 - o Other (please explain):
4. Do you eat breakfast?
 - o No
 - o Yes, always *(check all that apply)*
 - At home
 - At school
 - Somewhere else (tell us where):
 - o Only sometimes *(check all that apply)*
 - At home
 - At school
 - Somewhere else (tell us where):

5. Do you eat snacks at school?
 - No
 - Yes *(Select all that apply)*
 - I bring snacks from home
 - I buy snacks from the vending machine, canteen, or store during the school day
 - My school supplies a snack each day
 - Other (please explain):
6. When are you hungriest during the day?
 - In the morning before school
 - In the morning at school
 - Around lunch time
 - In the afternoon at school
 - When I get home from school
 - I'm most hungry just before meals or snacks

7. On average each week how often do you eat/drink the following DURING SCHOOL HOURS?

	Never	1-2 days per week or less	3-4 days per week	everyday
Sweetened drinks (pop, Kool-Aid, Sunny D, iced tea, energy drinks, slurpees, etc.)				
Water				
Fruits or berries				
Green Veggies (lettuce, spinach, broccoli, fiddleheads, etc.)				
Starchy Veggies (potatoes, corn, squash, beets, etc.)				
Other Veggies (carrots, peppers, cauliflower, tomatoes, etc.)				
Wild meat (moose, deer, duck, caribou, etc.)				
Fish				
Processed Meats (bologna, hotdogs, sausages)				
Other Proteins (beef, chicken, beans, eggs, tofu, etc.)				
Whole Grains (brown bread/Bannock, whole wheat pasta, wild rice, etc.)				
Refined Grains (white bread/Bannock, white rice, noodles, KD, etc.)				
Milk, cheese, yogurt, or other dairy products				
Candy and other treats (bars, cookies, cake, ice cream treats, etc.)				
Fried or Fast Food (chips, fries, fried chicken, McDonalds, etc.)				

8. Are traditional and land-based foods available to you? *(You may select multiple answers for each food item)*

	We eat this at my house.	I've eaten this at school or a special event.	I've never tried it before	I would like to have more of this type of food.	I do not like this type of food.	I have helped hunt, grow, gather, or prepare these foods before.
Wild Meat (moose, elk, deer, rabbit, duck, etc.)						
Wild Fish						
Vegetables grown in your community						
Fruits and berries picked in your area						
Other wild foods gathered in your area (mushrooms, teas, greens, rice, roots, or shoots)						
Other (please describe) insert text box						

9. Tell us about the food programs in your school. How often are these statements true?

Statements	Yes/Usually	Sometimes	No	IDK
The food served is healthy.				
The food is enjoyable/tasty.				
The food helps students feel well.				
There is culturally-appropriate food (traditional/land-based foods, foods that suits cultural diets such as Halal/Kosher/etc.)				
The food is familiar. Nothing is too unusual.				
There is lots of variety in the menu.				
There is enough food. Students are well fed.				
Students help prepare or serve the food.				
School staff eat with the students.				
There is enough time to eat. The lunch break is long enough.				

10. We want to know what’s important to you. In your opinion how important are the following things?

	Not important at all (1)	Somewhat Important (2)	Important (3)	Very important (4)
for schools to serve breakfast to students				
for schools to serve lunch to students				
for schools to offer snacks for students				
for food at school to be free for students				
for schools to serve traditional, cultural, or land-based foods				
for ALL students to be able to get food at school				
that only HEALTHY food is served at school				
for students to sometimes be involved in cooking and preparing lunch or snack at school				
for students to learn about cooking and preparing food at school				
for students to learn how to grow food and garden at school				
for students to learn about healthy eating and nutrition in their classes				
for students and teachers to eat together				

11. How much do you agree with the following statements?

	Strongly Disagree	Disagree a little bit	Agree a little bit	Agree	Strongly Agree
I know a lot about healthy food and eating.					
It is important to choose healthy foods.					
It is important for me to eat foods from my culture.					
It is important for me to eat food from other cultures.					
It is important to eat with others.					
The food I eat impacts how well I do at school.					
Eating healthy foods now will help me to be healthier later in my life.					
Eating healthy food now will help me to feel better in my life right now.					
Eating traditional food is an important part of healthy eating.					
Eating traditional food helps me feel connected to my culture.					

It is important to me that traditional or land-based foods are served at school.					
I care about how animals are treated before they are eaten.					
I care about how the food I eat affects the environment.					
I care about where the food I eat comes from.					
I care whether everyone in my community has enough to eat.					
I have the skills to cook food for myself and others.					
I have skills related to hunting/gathering/preparing traditional foods like wild meat, fish, berries, etc.					

12. Would you like to take part in any of these school food activities?

	Yes	We have already learned this/done this at school, but I would like to learn more.	No
Cooking and food preparation			
Food preservation – smoking, drying, canning, etc.			
Learning about nutrition and healthful eating			
Trying new foods including food from other cultures			
Gardening and learning about growing food			
Hunting, Fishing, Trapping			
Harvesting plants to eat, and medicines from the land			
Composting			
Hearing traditional stories about food			
Volunteering in the community			

13. Is there anything else you would like to learn about food?

14. Is there anything else that you would like to share about the food at your school?

¹ For more information on the SFDP see: Foster, S., Shakotko, T., Quinn, S. (2024). *The School Food Development Project: Lunch lessons learned*. Saskatchewan Population Health Evaluation Research Unit. <https://hdl.handle.net/10388/15710.2>

² For more information on the student KAP survey see: Engler-Stringer R, Black J, Muhajarine N, Martin W, Gilliland J, McVittie J, Kirk S, Wittman H, Mousavi A, Elliott S, Tu S, Hills B, Androsoff G, Field D, Macdonald B, Belt C, Vatanparast H. (2021). *The Good Food for Learning Universal Curriculum-Integrated Healthy School Lunch Intervention: Protocol for a Two-Year Matched Control Pre-Post and Case Study*. DOI: 10.2196/30899