



**Case Study of Good Practice**

**Priority Area**  
Healthy Weight

**School**  
Farrington Gurney

**Outcome**

To decrease the number of children who regularly (3 or more times per week) have white bread in their packed lunch from 39 (out of 65 regular packed lunch eaters-60%) to 25 (out of 65 regular packed lunch eaters-38%) from December 2010 to December 2011.

**Why we chose this outcome**

We chose this outcome as we wanted to improve the quality of our packed lunches within school. We especially wanted to decrease the number of children having white bread sandwiches and increase the variety within packed lunches.



**What we did**

- Reviewed our food policy with the steering group and all members of our school community.
- Gardening club grew crops that could be used in packed lunches.
- Provided parents packed lunch ideas, tips and tasters during Healthy Schools week and created a packed lunch ideas information leaflet.
- Children visited a baker from Farrington Gurney and we invite the baker to school following the visit.
- Cookery club made bread and bread related products.
- The whole school visited Farrington Gurney farm to see how wheat grows and see the growing process of organic vegetables.
- We carried out packed lunch survey every term to record changes to packed lunches.

**Impact**

Results from our packed lunch audit demonstrated:

Date and Target	Number of children having white bread packed lunches
March 2011- Target 35	35/36 = 54%
May 2011 - Target 32	32/36= 54%
July 2011- Target 29	27/63= 39% The number of children on roll increased to 93.
December 2011 – Target 25	27/69 = 39%

The children have become more adventurous and now having pitta bread, wraps and different rolls rather than white sliced bread. An unexpected outcome was that the breakfast club changed from white bread rolls to 50/50 rolls.