

FUEL SCHOOL FOOD STUDY

THE CHALLENGE

Teens in the UK consume **3x the recommended amount of their total energy intake** from free sugars which have a negative effect on health. **The food and drinks served in school are crucial to addressing this challenge.**



But do National School Food Standards actually help teens eat healthier food?

The University of Birmingham's **FUEL SCHOOL FOOD STUDY** investigated the food that is provided in **36 secondary schools** and how they support healthy eating. Researchers heard from over **2000 young people** plus **school and catering staff.**

KEY FINDINGS

Schools are **NOT FULLY MEETING** the School Food Standards.

You can get a **NUTRITIOUS LUNCH... BUT** the high fat, energy, sugar and salt filled **BREAK** and **BREAKFAST** items with high levels of fat, sugar or salt are also available and **POPULAR!**

Catering teams want to offer a range of healthy choices but the **REALITY** is these are difficult to provide due to **COSTS** and student **PREFERENCE.**

Students go for **TASTE, VALUE-FOR-MONEY** and **CONVENIENCE.**

Students feel rushed to buy food in a stressful **EATING ENVIRONMENT.**

Schools are concerned about the foods and drinks that pupils bring in from **OUTSIDE SCHOOL.**

In some schools students feel they are not included in **CONVERSATIONS** around school food. Education on food and healthy eating is inconsistent.

In some schools, the leaders and governors did not see the monitoring of the school food standards as a main part of their role.



POTENTIAL SOLUTIONS

Adapt the School Food Standards to better suit the way food is provided in secondary schools

Address barriers to implementation of the current School Food Standards - For example, balancing healthy food provision with a financially viable catering service

Involve students in decisions about the food they eat at school

Schools are trying their best to support and encourage healthy eating but are **struggling to create a healthy eating culture.** Our **researchers are working on solutions** to help schools. **Want to get involved? Contact fuelstudy@contacts.bham.ac.uk**

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