

# Healthy School Food Zones

**Goal:** Understand food purchasing behaviours of local grade 9-12 students during the school day

## The Project



**13** secondary schools



**665** students



**5** active cafeterias



Average of **9** food outlets within **1 km**

## Food Purchases during the School Day

### Common Food Purchases at School

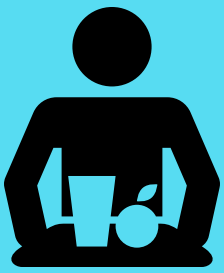


Most students **spend \$5-10** on food during the school day

### Common Outside Food Purchases



## Cafeteria Use



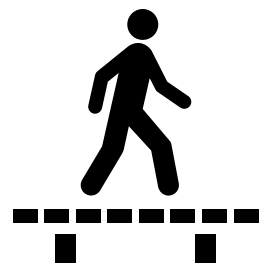
**40% never** buy food from the cafeteria

## Top Reasons

- 72%** bring food from home
- 48%** don't like the taste, look of, or food choices in the cafeteria
- 40%** feel cafeteria food is too expensive
- 31%** prefer outside food outlets

If there are food outlets within 1 km, students buy food from the cafeteria **50% less often**

## Leaving School to Buy Food



**66%** leave school to buy food from outside food outlets

## Top Reasons

1. To hang out with friends
2. To get away from school for a while
3. Food outside of school tastes better

If there are food outlets within 1 km, students buy food off-site **1.5 times more often**

## Students Speak!

"Stop making the prices higher! We are broke students!!!"



"We need more appetizing and healthy foods in the caf."

"I really wish there were more places to eat. I'm very tired of sitting on the floor near my locker."

"I wish we had healthier options closer. There aren't a lot of places to sit and eat so going out to eat is the only option."

## What Can Decision Makers Do?

- ✓ **Schools:** Engage students to improve school food choices and the atmosphere of eating areas
- ✓ **School boards:** Ensure healthy food options are available throughout schools
- ✓ **Municipalities:** Develop bylaws restricting new fast food outlets, food trucks, and convenience stores around schools

North Bay Parry Sound District  
**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound