



Parents: more school lunches should be made from scratch

The Centers for Disease Control and Prevention (CDC) says that children and adolescents who eat a healthy diet have a reduced risk of heart disease, high blood pressure, diabetes, osteoporosis and several types of cancer.¹ A nutritious diet can help students maintain a healthy body weight and develop healthy behaviors.

Schools play a major role in feeding America's children. Approximately 95% of public schools participate in the National School Lunch Program. In 2013, 532,791 Kentucky children participated in the program.²

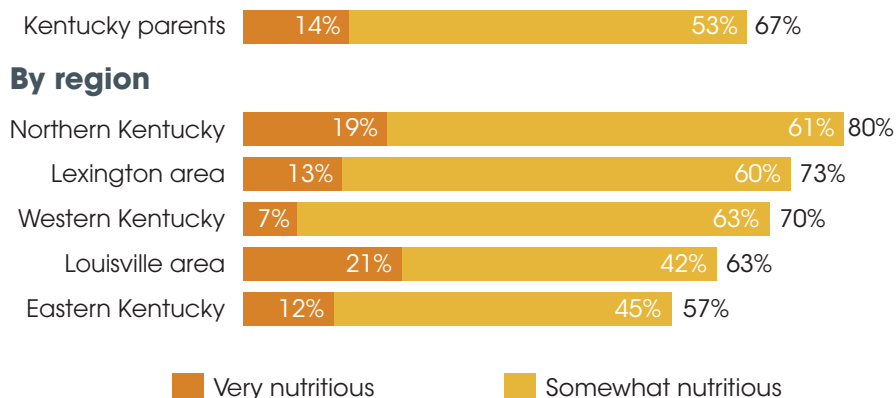
The 2014 **Kentucky Health Issues Poll (KHIP)** asked Kentucky adults with children living in their household about school lunches. For this report, "parents" are adult respondents with school-aged (kindergarten through 12th grade) children living in their household.³

¹ www.cdc.gov/healthyouth/nutrition/facts.htm

² www.fns.usda.gov/pd/child-nutrition-tables

³ Respondents were asked only about the school lunch of their oldest child younger than 18 who currently lives in their household and is enrolled in kindergarten through 12th grade. This is approximately 25% of all KHIP respondents. The margin of error for the "parents" subgroup is ±4.7.

Percentage of parents who describe lunches served in their child's school as very nutritious or somewhat nutritious



6 in 10 Kentucky parents say school lunches are nutritious

More than 6 in 10 Kentucky parents (67%) said their oldest child's school lunch is very nutritious or somewhat nutritious.⁴ Only 23% said their child's lunch is not that nutritious or not nutritious at all. However, responses varied across the state.

Parents in Northern Kentucky (80%), the Lexington area (73%) and Western Kentucky (70%) were more likely to say their child's lunch is very nutritious

⁴ KHIP asked, "Thinking about the oldest child in your household ... generally speaking, how would you describe the lunches served in the school your oldest child attends?"

or somewhat nutritious. Parents in the Louisville area (63%) and Eastern Kentucky (57%) were less likely to say this.

7 in 10 think schools should offer more food made from scratch

Some schools serve fresh whole foods cooked from scratch. About 7 in 10 Kentucky parents (69%) said their child's school should offer more lunch options made from scratch.⁵ Only 20% said that

Continued on back

⁵ KHIP asked, "Do you think ... your oldest child's school offers enough lunch options made from scratch or your oldest child's school should offer more lunch options that are made from scratch?"

their child's school offers enough lunch options made from scratch.

Opinions about scratch-made lunch options varied across the state. A large majority of Eastern Kentucky parents (82%) said their child's school should offer more lunch options made from scratch. More than 6 in 10 parents in Western Kentucky (66%), the Lexington area (64%), Northern Kentucky (61%) and the Louisville area (61%) said their child's school should offer more lunch options made from scratch.

Percentage of parents who say their child's school should offer more lunch options made from scratch

