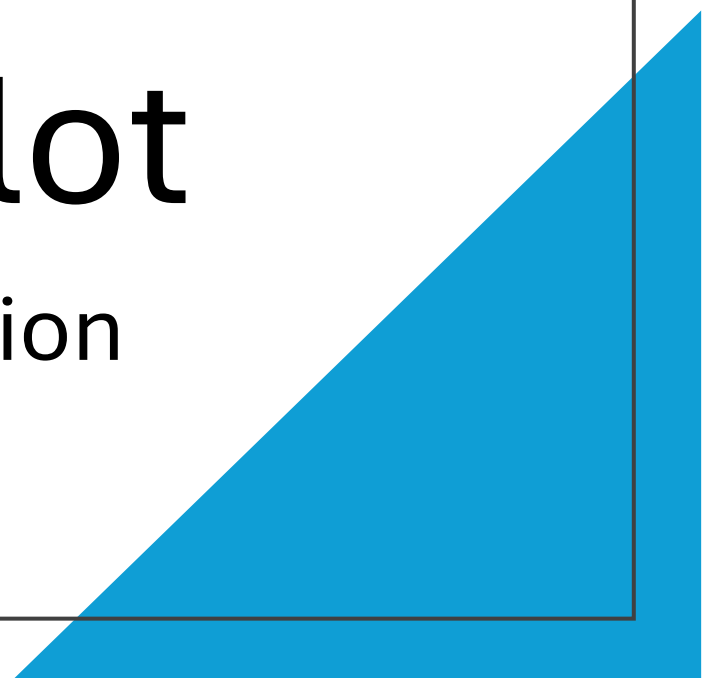




# York Universal Free School Meal Pilot

Interim Evaluation



# School breakfasts



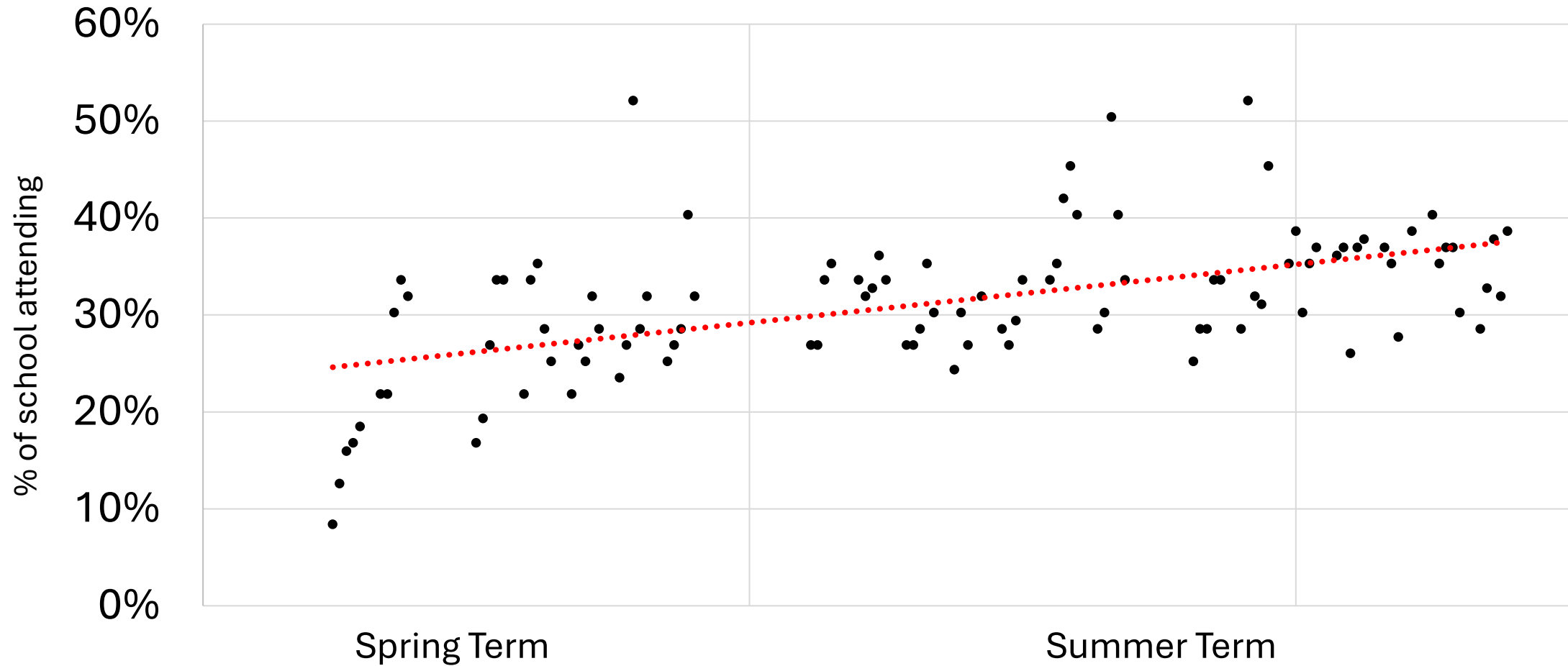
- Arriving to school hungry has a critical impact on **wellbeing** as well as ability to **concentrate** and **learn**.
- Pupils who regularly eat breakfast achieve **better academic outcomes**.
- Breakfast is a key source of **fibre & nutrients** in the diet – skipping or eating poor quality breakfasts reduces the likelihood of whole-diet nutritional adequacy and can **increase risk of obesity**.

# Breakfast Pilot: Burton Green Primary School

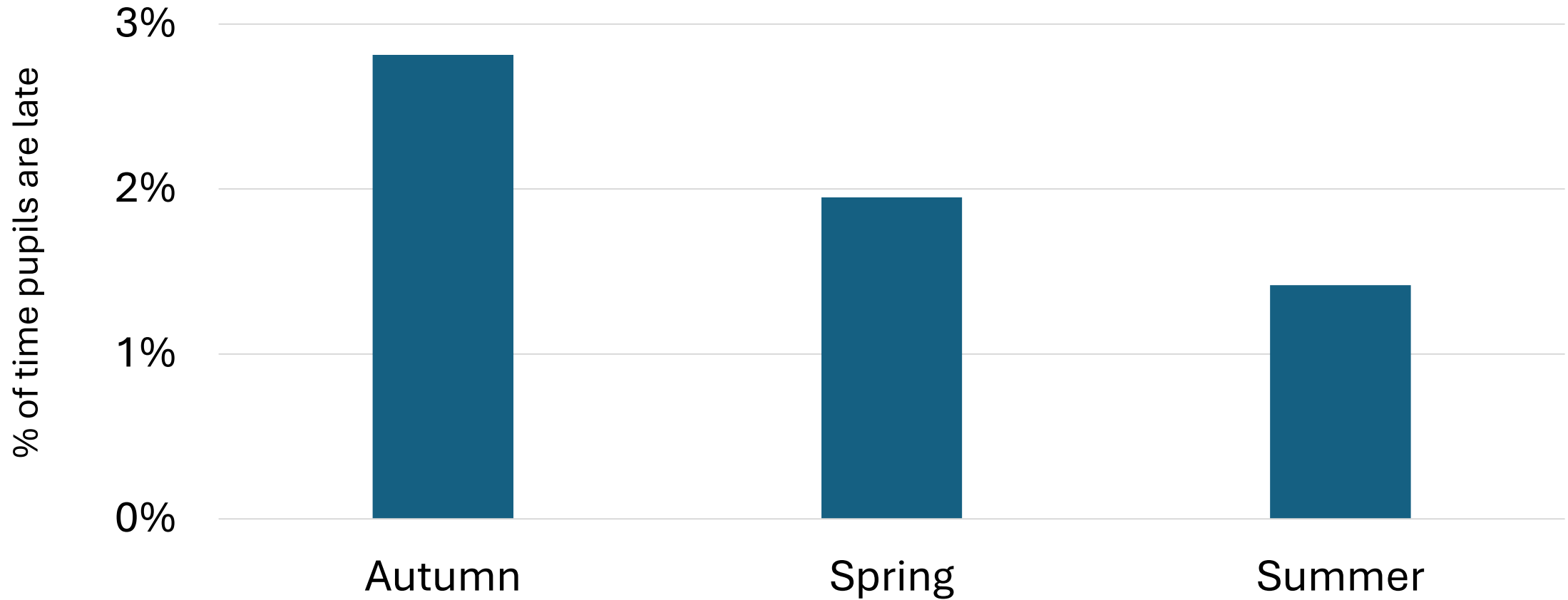
- Small school ~ 120 pupils, 36% eligible for free school meals.
- Breakfast pilot: free healthy breakfast club run each day for 20 minutes before school starts.
- Breakfast club provides a soft start to the school day helping pupils to feel settled and ready to learn.
- Varied menu – porridge, filled bagels, eggs on wholemeal toast, fruit.



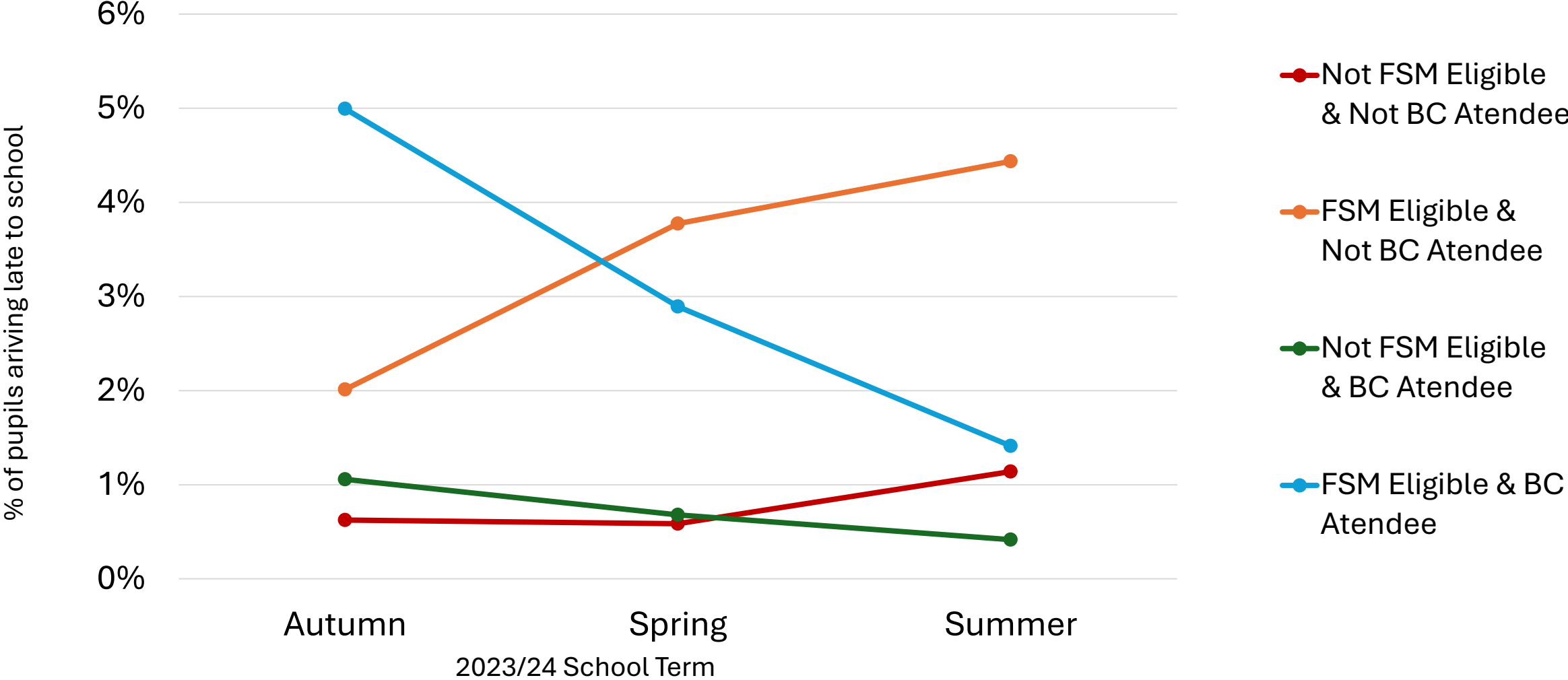
# Breakfast Pilot - Uptake



# Breakfast Pilot - Lateness



# Breakfast Pilot - Lateness



# School lunches



- School lunches free to KS1, and to those eligible in KS2 (household income below £7,400).
- 70,000 children from Yorkshire and the Humber living in poverty are not eligible for free school lunches under current criteria.
- School meal standards require lunches to be nutritionally balanced. Only around 1% of packed lunches are estimated meet the same standards.

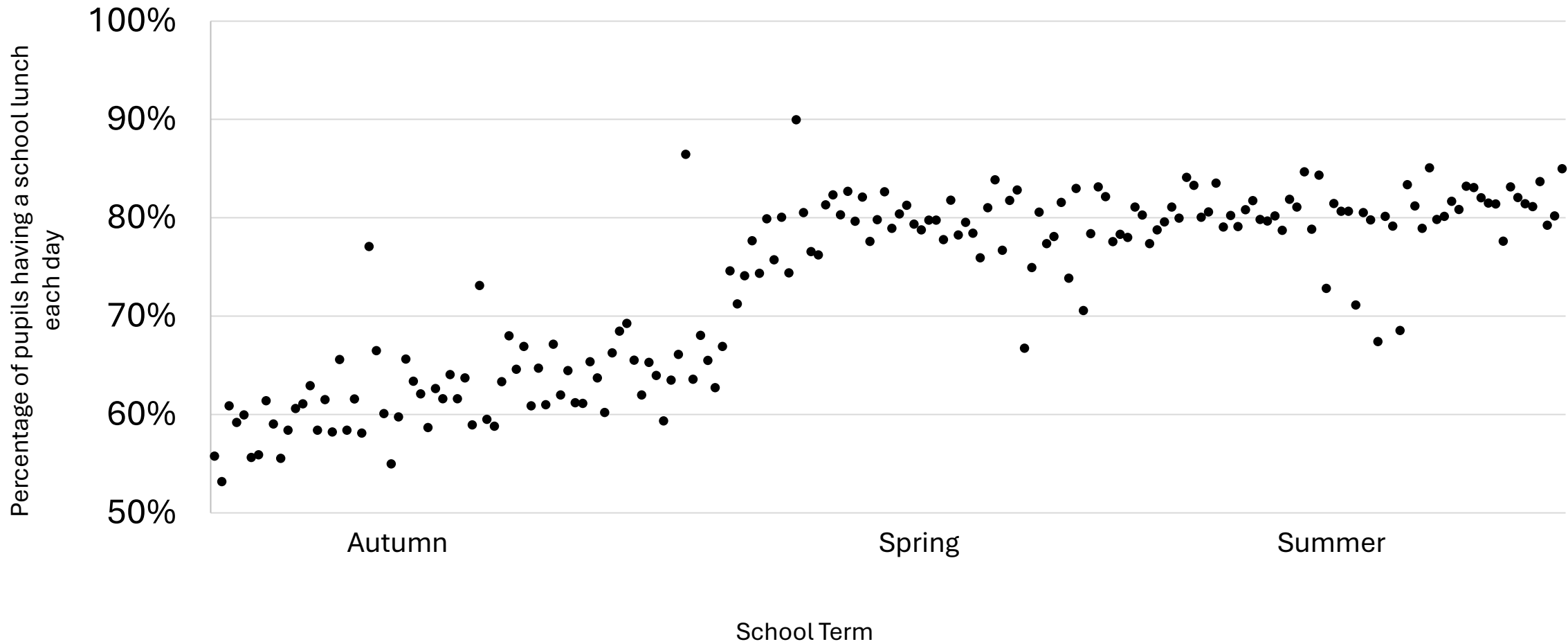
# Lunch Pilot: Westfield Primary School

- Large school ~470 pupils, 36% are eligible for free school meals
- Lunch pilot: school meals free to all pupils removing cost of £2.50 per day for 177 (36%) pupils at the school.
- Pupils choose each day; packed lunch or school meal.

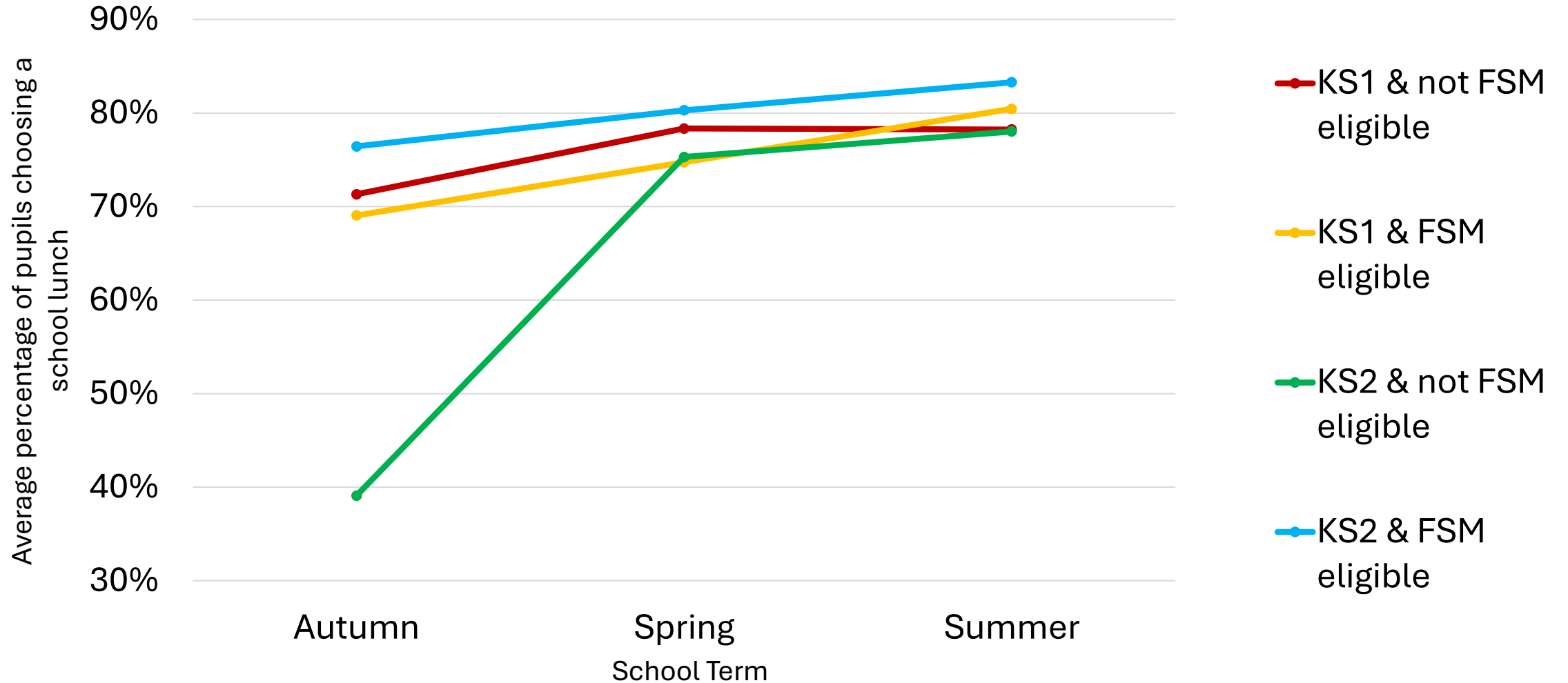




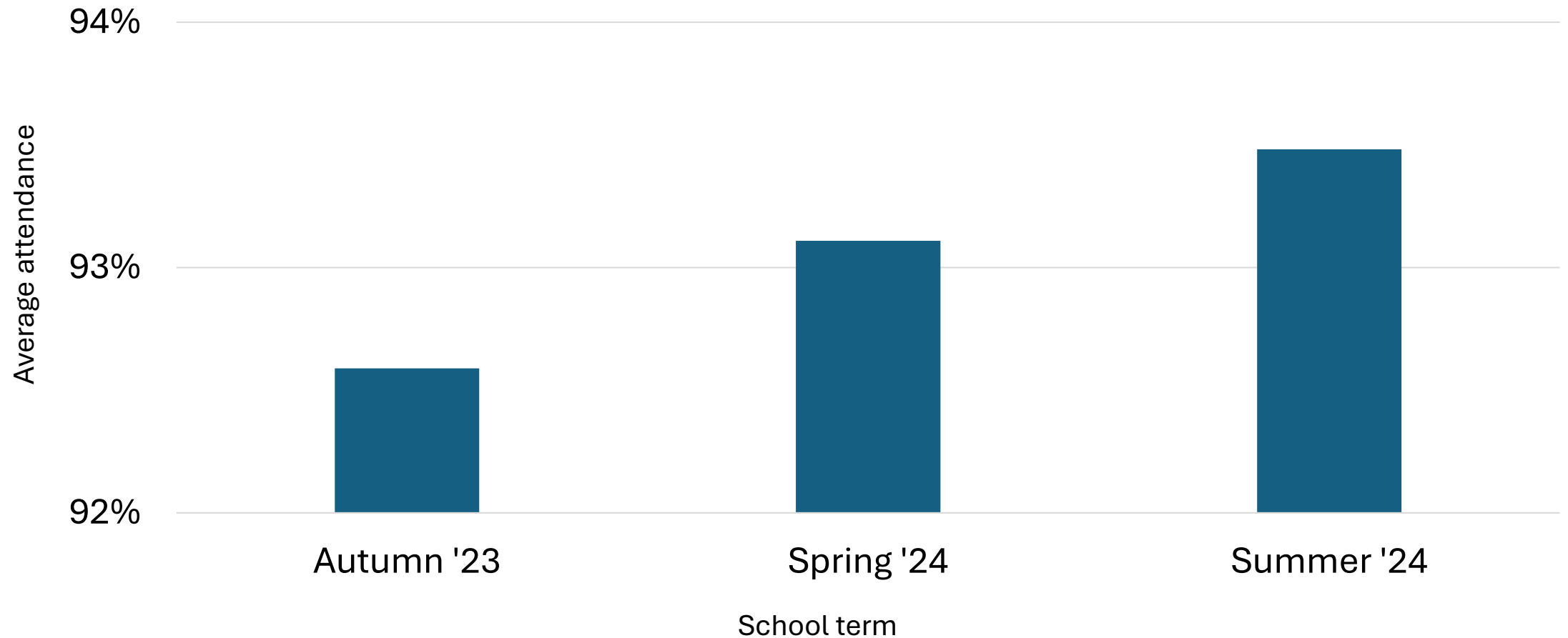
# Lunch Pilot– uptake



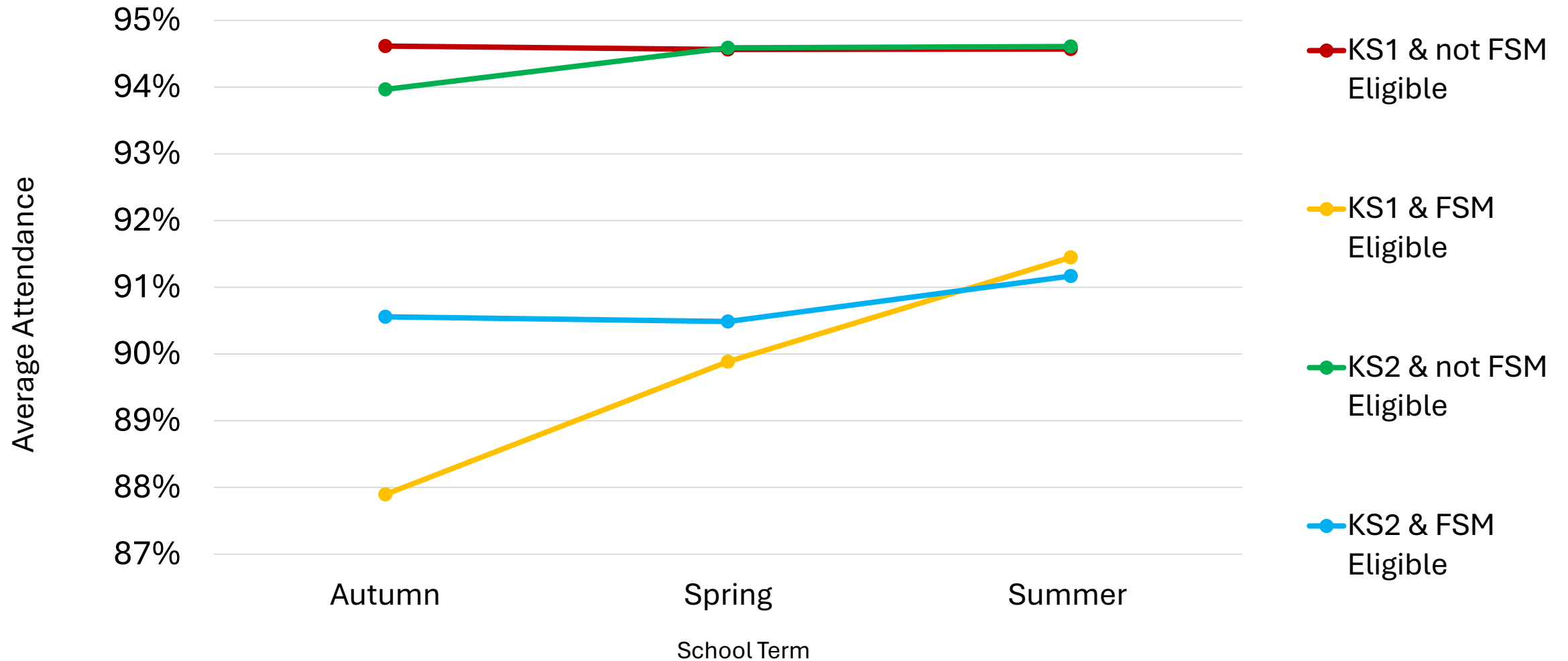
# Lunch Pilot– uptake



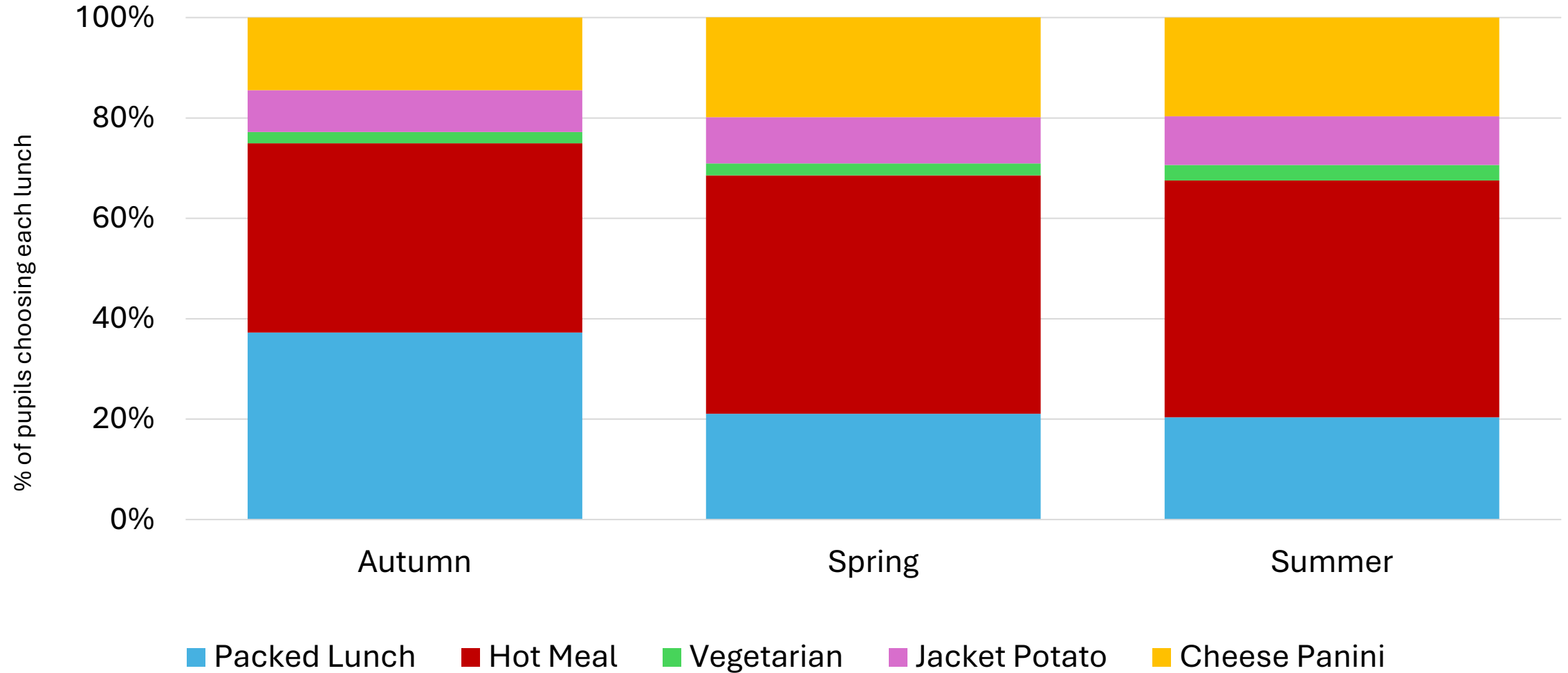
# Lunch pilot - attendance



# Lunch Pilot– attendance



# School lunch choices



# Summary of interim findings

## **Breakfast Pilot**

- The breakfast club is used by around 60% of the school.
- Significantly more FSM eligible pupils attend the breakfast club regularly than those who are not eligible.
- Access to a breakfast club improves punctuality, and subsequent time in school & has lowered whole-school lateness.

## **Lunch Pilot**

- A universal free school lunch programme has increased uptake in this school to around 80% .
- Greatest increase in uptake is seen in KS2 pupils that did not previously have access to free school meals.
- Universalism in school lunches reduced barriers that prevent children from accessing a school meal.