



March Munch 2019 survey results

Thanks to everyone who participated in March Munch 2019 and a special thanks to all the students and teachers who completed and returned the survey.

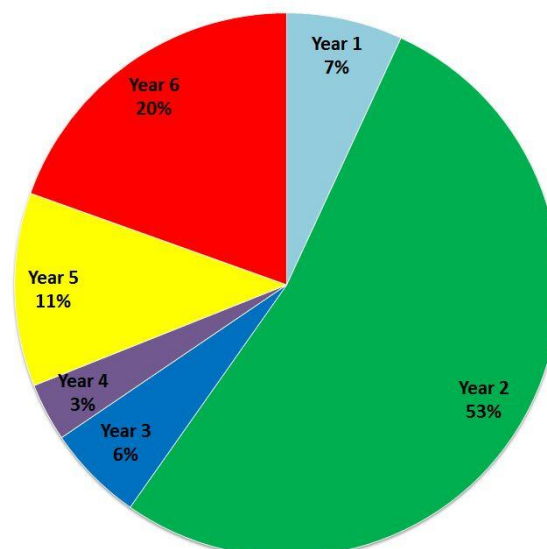
We have summarised the results so that you can see how children from across Western Australia participated in March Munch this year. You might like to compare some of the state results to the data you collected for your class.

1. Who filled out the survey?

In total, 86 students and 88 teachers completed the survey form.

Almost half of the students who filled in the survey were in grade 2. There weren't any responses from students in kindy, pre-primary or grade 7+ and we had most responses from students living in the metro areas of Perth.

Year level of respondents



2. How did the students rate our event?

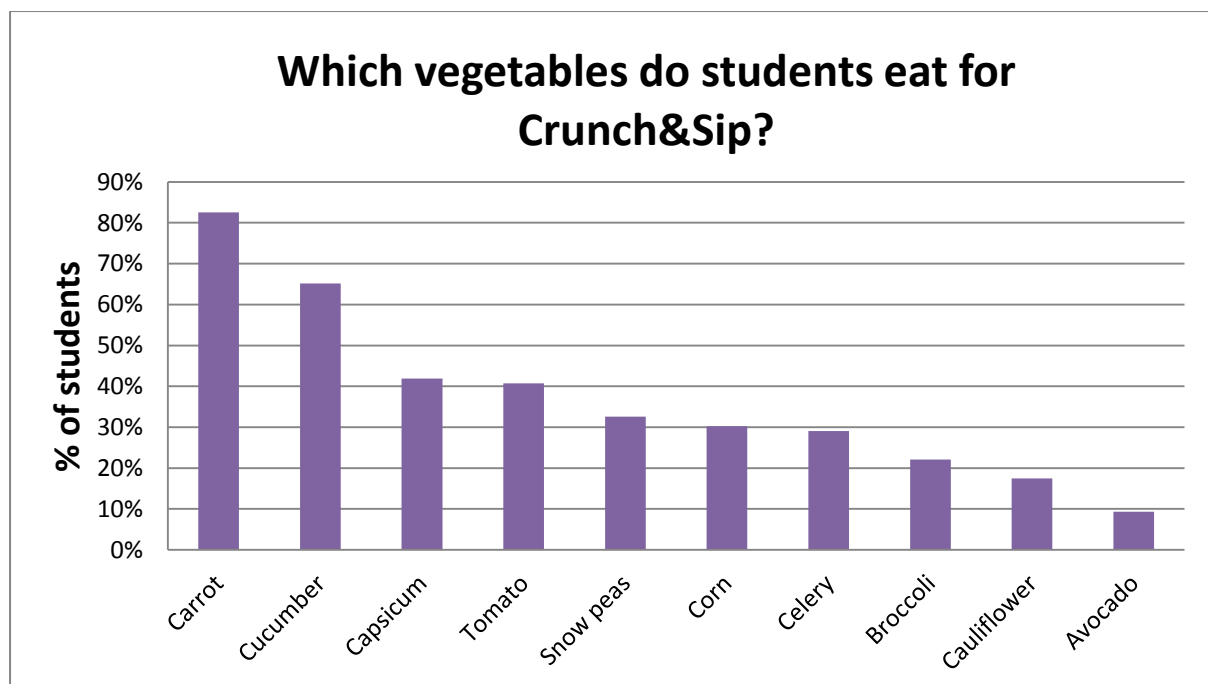
Students were asked to rate their event out of 5 stars. On average they gave March Munch 4.5 out of 5 stars and more than 63% of students indicated that they loved March Munch this year!



3. Which vegetables do students eat for Crunch&Sip?

Students identified that they usually brought in vegetables such as carrot, cucumber, tomatoes, capsicum and snow peas for their Crunch&Sip breaks. From the survey we found that almost 40% of students brought in new vegetables to try during March Munch.

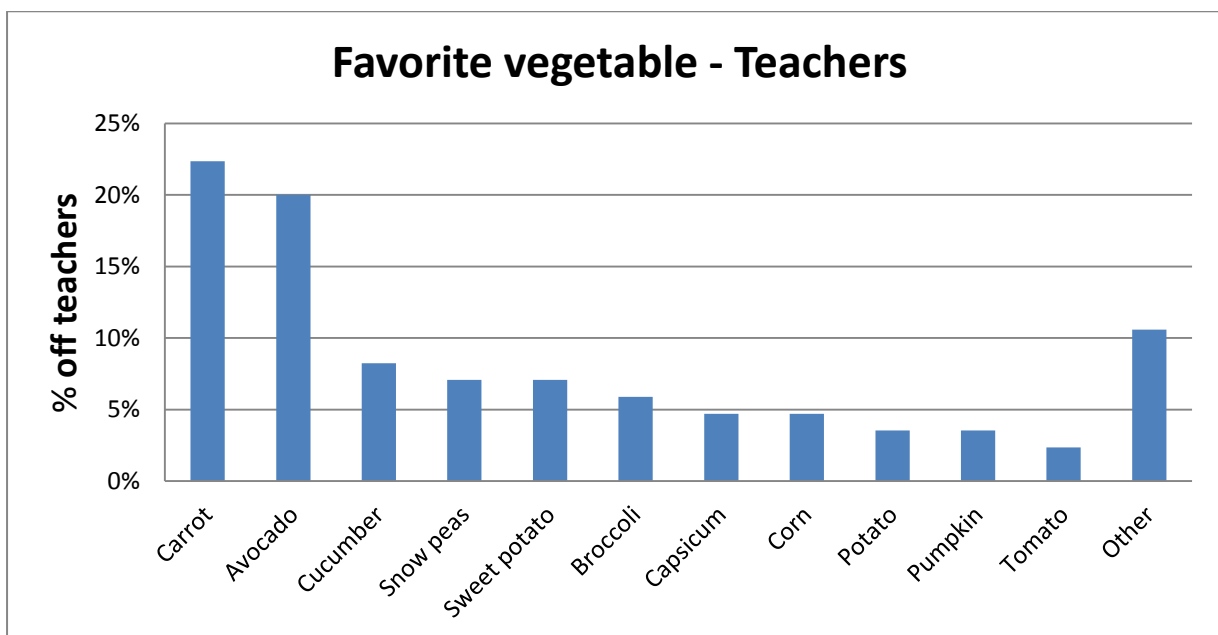
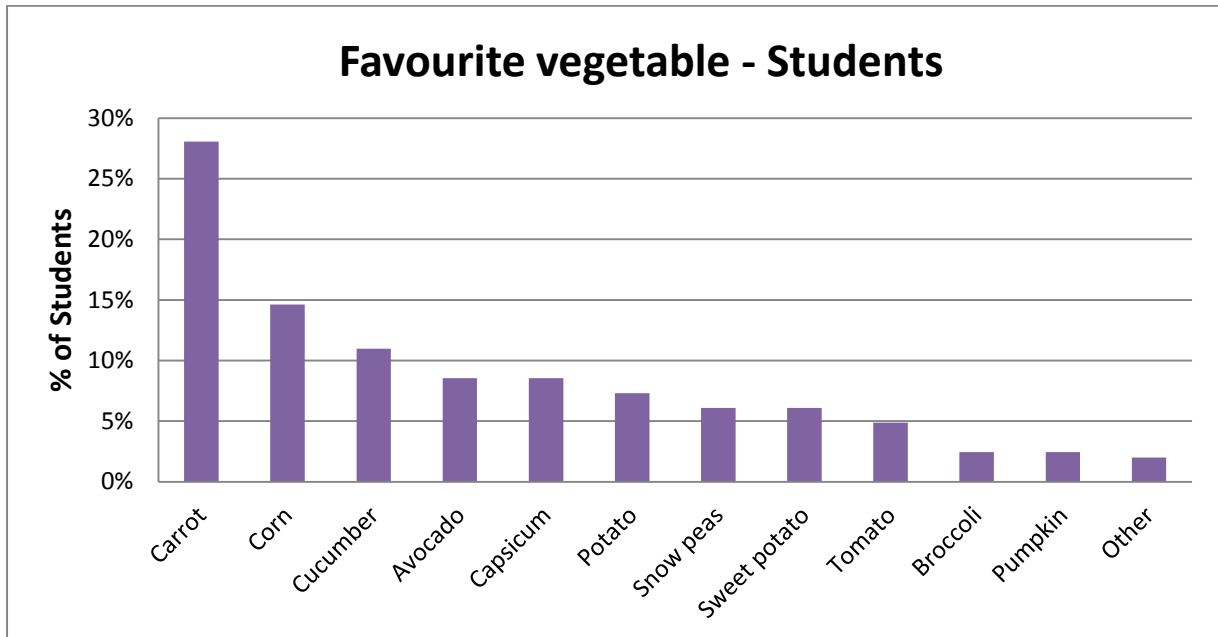
The most commonly brought in a vegetable that wasn't included in the survey was kale, sweet potatoes, cauliflower and cabbage.



4. Favourite vegetables

We asked both teachers and students to tell us their favourite vegetable.

For students, the most popular vegetables were carrot, corn and cucumber. Teachers preferred carrot and avocado, followed by cucumber, snow peas and sweet potato.



5. How many students ate vegetables for Crunch&Sip during March Munch?

In total, we received 88 completed surveys from teachers. After collating all the data we found that **73% of students** ate vegetables for their Crunch&Sip breaks during their first week of March Munch and **72% of students** ate vegetables for their Crunch&Sip breaks for their last week of March Munch.

March Munch week	% with vegetables
1	72.9
4	71.5

6. What did the students like about March Munch this year?

Students told us what they liked about March Munch and these were some of our favourite responses! Be warned - cuteness overload.

“Tasting new things that I've never tried before.”

“That you can keep healthy, eat in class, and that you get to try new vegetables while you're doing it.”

“The fact that I'm a part of something.”

“That we get to eat healthy and have a lovely time.”

“I liked that we graphed the results because I like graphing and colouring in the boxes we used.”

“It got me to eat healthier I like to eat healthy.”

“I liked March Munch because every time you had vegetables you got a sticker.”

“When we bring vegetables in it is crunchy”

“I get to eat during class but at the same time stay healthy”

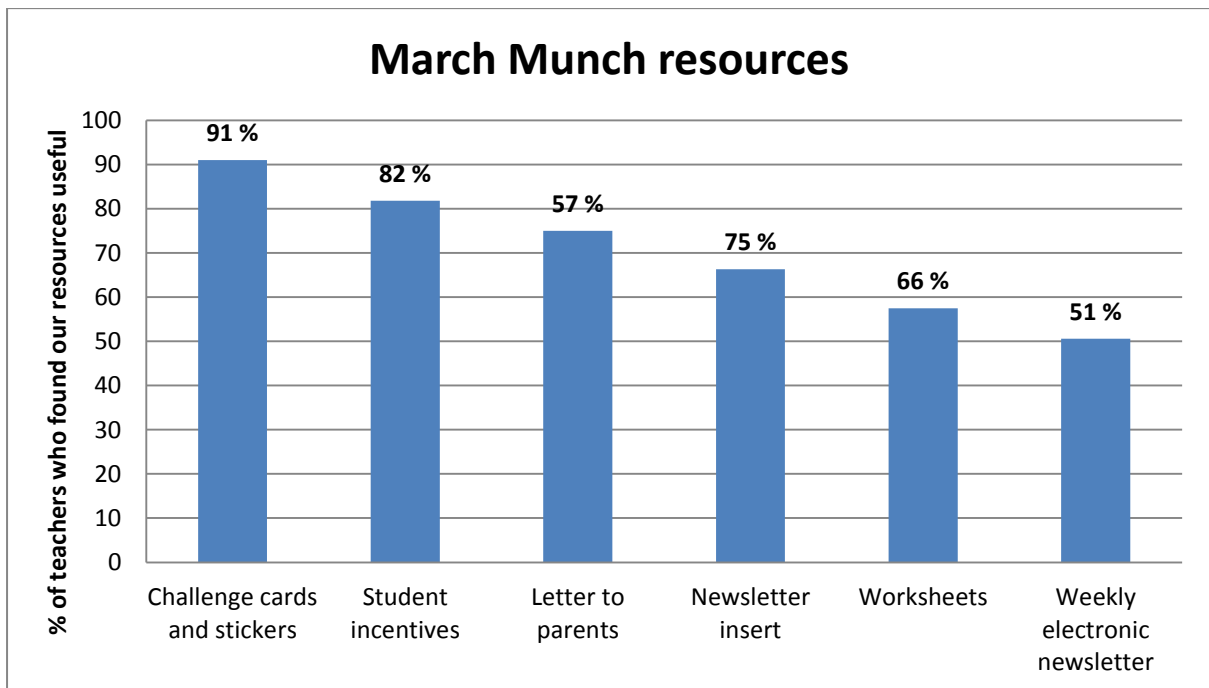
“What I like about March Munch is you get to eat vegetables”

7. What resource did teachers find useful this year?

Based on the survey findings, we found that the majority of teachers who participated in March Munch enjoyed using the classroom calendar cards and vegetable stickers and found that the student incentives were extremely useful in their classrooms.

Half of the teachers found our March Munch weekly newsletter useful and just over half of the teachers found our worksheets useful.

The newsletter insert and letter to parents were the second most useful resources used by teachers, as the majority of teachers who participated in March Munch used these to promote their event.



8. What did teachers like about participating in the March Munch event this year?

Teachers told us what that they liked most about March Munch this year and here are some of our favourite responses.

“March Munch was great to motivate and excite students about vegetables. They loved seeing what everyone was bringing in and it also helped students concentrate on their work as they were fuller for longer.”

"It was great. We all thoroughly enjoyed the class challenge".

"Our class loved participating in March Munch and many students have expressed they would still love to bring vegies for C&S next term. Thank you for providing us with such a great initiative to implement in our classroom."

"Thank you. The visuals worked very well in our special needs class."

"I thought it was very good as an entry into a health unit and made the children more aware of trying to eat fruit and vegetables daily. We also talked about bush tucker, which the children eat in the community and used class times to also prepare our gardens at school for planting. We hope to use our local rangers to come in and talk about sustainability in planting etc. Also they love food. So it was a winner".

"I loved seeing the students so excited about vegetables and how open they were to trying new things."

"Loved how engaged students were and the discussions between themselves re: what they have brought. Stickers on the calendars were awesome. Thank you! "

"A parent said thankyou as her daughter was asking for different vegetables to take to school. She thought it was great. We ate a variety of vegetables. We ate on a daily basis the following: cucumber, carrots, corn, tomatoes, snow peas, celery, capsicum, broccoli, lettuce, cress, radish, spinach, bean sprouts."

"Kids loved eating their veggies and brought in some interesting ones to eat. Activities provided oral inclusion for all kids and they loved the sticker."

9. March Munch wrap-up!

Overall March Munch was an extremely successful event. This year we saw a 61% increase in the overall intake of students participating.

Registrations grew from a total of 8270 students to 13,636, which meant that more than 5360 students were munching on vegetables throughout the month of March compared to last year.

We wanted to take this opportunity to thank the teachers this year for all their hard work. Your dedication in encouraging students to improve their healthy eating habits and increasing their vegetable intake is to be commended.

Well done on completing another year of March Munch and we look forward to hearing from you next year.

Warm Regards,

Jasmine

Jasmine Teo

Nutrition and Physical Activity Project Officer, Cancer Council WA

E: schools@cancerwa.asn.au

T: (08) 9388 7846

W: www.crunchandsip.com.au