



PACKINGTON

—FREE RANGE—

Tower View Primary School is delighted to host this innovative and worthwhile project, which is about connecting families to local farmers. Through working with our school Farm Fresh Revolution can ensure that families with young children have a better understanding of where their food comes from and to encourage families to use local fresh produce when cooking.

To join-in you need to register (no matter what your income is) at the school office by completing a questionnaire. So drop in and get the joining form filled in. If you do this before the 12th of January you will be included in the first delivery on Friday 18th January 2018, however you may join at any later date!

Everyone is welcome to join -- to make it viable FFR would like at least 40 families to sign up.

Further information can be found on their website <http://www.farmfreshrevolution.com/> and their facebook page can be found at <https://www.facebook.com/farmfreshrevolution/>



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Fresh food direct from farmers to families.

Why? The scheme is for parents who would like to feed their children more quality fresh food. As farmers we love to see families enjoying the food we produce, and think it



is important to encourage children to eat fresh food to keep their bodies and minds healthy. We would like to influence children to make healthy choices for the rest of their lives! And cooking food from fresh is often cheaper than pre-packed processed food, because you can make several meals out of your ingredients.

What food can I buy? We deliver two grocery bags, one with sausages, chicken and eggs and another with fresh vegetables and fruit. Fruit and vegetables vary depending on what's available.



When & Where? Every other Friday at your school. Your school will tell you what time and where to collect the bag from.

What does it cost? The food bags are **free!** We welcome all donations that parents would like to make but there is no charge. Each bag of groceries worth around £15 if you bought them in the shops.

Where does all the food from? Local farmers and wholesalers in Staffordshire who are keen to encourage people to eat more fresh food and are selling their food at an excellent price.



Linking Farming to the Community Your school will be linked with a local farmer. Your children can learn more about where their food comes from and how it is grown.



FarmFresh Revolution – Initial Questionnaire

CONSENT: Please tick both of the following boxes to indicate you give consent to take part in this survey.

- I understand that taking part in this survey is voluntary
- I understand that taking part in this survey is completely anonymous and my name will not be used in any reports or other materials produced as a result of this research, or passed onto other parties without my consent.

Your name

What school does your child attend?

What is your relationship to the child?

- Mother Father Carer Other (please specify)

Do you live in the same household as the child?

- Yes No

Who is the main meal provider in your household?

- Mother Father Carer Other (please specify)

What is the average annual income of your household?

- Less than £15,000 £25,000 to £49,999 £75,000 or more
- £15,000 to £24,999 £50,000 to £74,999

Where do you buy most of your food?

- Supermarket (name: Local grocer & butcher
- Corner shop Other (please specify)

Roughly, how much money does your household spend a week buying food?

- Less than £30 £50-£80 £110-£150
- £30-£50 £80-£110 More than £150

How many people does this feed in your household?

Do you buy fresh meat, fruit and vegetables? Yes No

- If YES what items do you buy regularly?
- If NO do you have reasons for this?

What fresh meat, fruit and vegetables do your children like eating?

What do you think about the price of fresh meat, vegetables and fruit where you shop? Please tick one box for each item:

	It's expensive	It's affordable	I don't pay attention to the price	I have no opinion on the price
Fresh Veg				
Fresh Fruit				
Fresh Meat				

Please tick which food items are included in meals and snacks every day in your household:

	Fruit	Vegetables	Meat
Breakfast			
Lunch			
Supper			
Snacks			

Do any members of your family miss out meals?

If so why? (Eg too busy, not hungry, get meals at school, affordability)

Thinking about healthy food, which statement describes you the most?

- | | |
|--|--|
| <input type="checkbox"/> I understand the health benefits of all food groups | <input type="checkbox"/> I understand a small amount |
| <input type="checkbox"/> I would like to know more about healthy food | <input type="checkbox"/> I'm not sure what healthy food is |
| <input type="checkbox"/> I understand the basics of healthy food | <input type="checkbox"/> I don't think healthy food is important |

If none of the above statements apply to you, please say why:

Is there anything that stops you from eating more fresh food at the moment? Please tick all that apply.

- I'm not sure what is healthy
- I don't enjoy 'healthy' food
- My family and/or friends don't like healthy food
- My children don't like healthy food
- Fresh food is too expensive
- It is difficult to find places to buy fresh food
- It is difficult to get to places to buy fresh food (eg transport)
- I don't have the equipment or utensils to prepare and cook healthy food
- It's too difficult to prepare and cook healthy food
- I don't know how to use the equipment and utensils required to prepare and cook healthy food
- It takes too much time to prepare and cook healthy food
- I don't like cooking
- I don't know how to cook
- Other, please specify.....

Would you like to know more about farms in your area?

How important is the role of local farms in the community?

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Extremely important | <input type="checkbox"/> Not important | <input type="checkbox"/> I don't know |
| <input type="checkbox"/> Important | <input type="checkbox"/> They do more harm than good | |

Please briefly explain your answer:

To find out deliveries dates at your school and to get ideas for your fresh food, please add your contact details.

(These will be only used by us for this project and not passed to anyone else).

Mobile:

Email:

THANKYOU FOR COMPLETING THIS QUESTIONNAIRE!