

**Newsletter Issue 7 - June 2023**

The FUEL study is now complete!

Welcome to the seventh and final newsletter from the FUEL School Food Study - we're really pleased to share that after two years of data collection in 36 secondary schools, the study is now complete! In total we carried out surveys with 151 staff/governors and asked 2,453 secondary school pupils about their diet and dental health. We also held interviews with 21 staff/governors and focus groups with 137 pupils at 4 schools, where we gathered their views on school food and healthy eating. The whole study team would like to thank all young people, parents, schools, school staff and governors who participated in the study - this valuable research couldn’t be done without your help, so thank you to all of our schools for taking part!

FUEL Study findings video

We've now created a short (3 minutes) video with a brief summary of the study's findings - view it here if you'd like to find out more: <https://youtu.be/WTvr6Qo_FHo>

EPIC School Food Study

We are now conducting a new study – the EPIC Food Study - to use the FUEL study findings to enhance and adapt national school food policy. We're recruiting parents to take part in our workshops to inform school food policy modification recommendations, and would really appreciate it if you could share this opportunity with parents via your school's social media or other communication channels. Interested parents can sign up via the consent form here: https://redcap.link/epicparent. If you would like any further information, you're very welcome to contact the study team on epicfoodstudy@contacts.bham.ac.uk.

Watch the recruitment video here for more information on the study: [EPIC recruitment video - YouTube](https://www.youtube.com/watch?v=WBkTa2R8PuE)

CANTEEN School Food Study

We all want children to eat well – it’s essential to their concentration, ability to learn and well-being. Not having enough money to buy food is known as food insecurity and is common in UK children. Although all schools offer free school meals (FSM) based on household income, about 1 in 5 pupils do not take up their meal. A team of researchers from Queen’s University Belfast and the University of Birmingham are carrying out the CANTEEN study to find out more about school meals and free school meals (FSM) in secondary schools. The aim is to: look at the impact of school meals and FSM in secondary schools in Northern Ireland and England; maximise the positive impact on nutrition, health, and wellbeing of secondary school-aged children, particularly for those most at risk of poor nutrition, obesity, and food insecurity. The study will involve interviews and questionnaires with school students, parents, and school staff. We will then look at changes that could be made by schools and to national FSM policy to ensure those who need FSM are receiving them. We hope this research will help to improve the policy of offering FSM to look after the most nutritionally vulnerable children in society. We will be recruiting secondary schools in the Midlands to take part in the CANTEEN study from September 2023.

Bite Back 2030 School Food Champions

There's still time for your school to apply for Bite Back 2030's School Food Champions 2023-24 cohort. School Food Champions gives Key Stage 3 students the opportunity to uncover the problems and injustices within our food system, gather evidence from their school and community, and devise a social action project that will transform their school canteens to put child health first! Schools will receive £1,000 as remuneration for the staff member(s) who coordinate the programme, as well as £100 for resources required through the year. Visit the Bite Back 2030 webpage here for full information and to apply. Application deadline Sunday 18 June.

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For information about the study visit our [website](https://www.birmingham.ac.uk/research/applied-health/research/chronic-disease-epidemiology-and-management/fuel-study.aspx) or watch our short [video](https://biteable.com/watch/fuel-study-for-schools-2419604).

