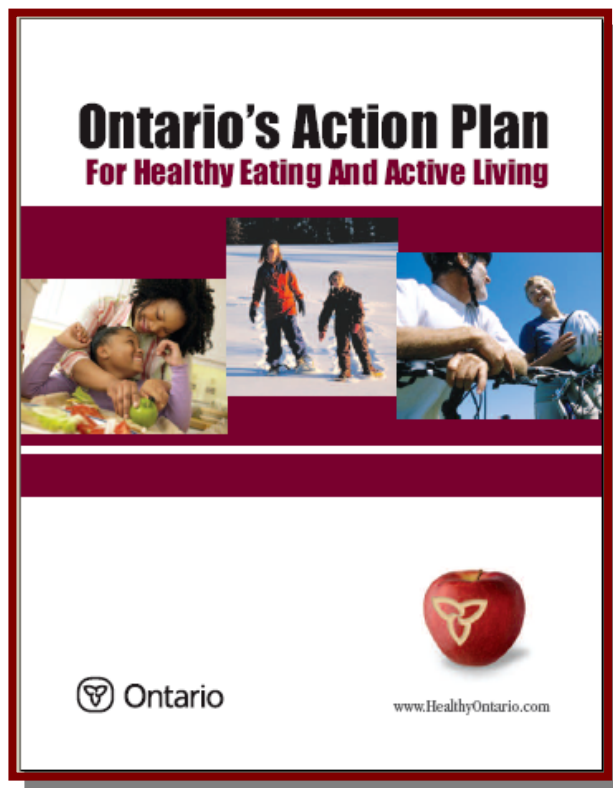


EVALUATION OF THE NORTHERN FRUIT AND VEGETABLE PROGRAM PHASE II: CHILDREN'S PERCEPTIONS ALGOMA FINAL REPORT



SUBMITTED TO THE MINISTRY OF HEALTH PROMOTION
BY
PUBLIC HEALTH RESEARCH, EDUCATION & DEVELOPMENT (PHRED) PROGRAM

FEBRUARY 26, 2009



Public Health
Services
City of Hamilton

Kingston, Frontenac and
Lennox & Addington
Public Health

Middlesex-London
Health Unit

Ottawa Public Health

Sudbury and District
Health Unit

Public Health Division,
Ontario Ministry of Health
And Long-Term Care

PHRED* INVESTIGATORS

- Ms. Charlene Beynon, MScN, Director, Public Health Research, Education & Development (PHRED) Program, Middlesex-London Health Unit (MLHU) and Casual Associate Professor, The University of Western Ontario
- Dr. Meizi He, PhD. Public Health Scientist, PHRED Program, MLHU & Associate Professor, University of Texas at San Antonio
- Ms. Renée Chevrier-Lamoureux, BA, Research Assistant, PHRED Program, Sudbury & District Health Unit
- Ms. Jennifer Gritke, MA, Research Associate, PHRED Program, MLHU
- Ms. Michelle Henderson, MScFN Graduate Student, Dietetic Intern, Brescia University College
- Ms. Melissa van Zandvoort, MSc, Research Associate, PHRED Program, MLHU
- Ms. Claire Warren, MN, Manager, Professional Practice and Development and Community Nurse Specialist, PHRED Program, Sudbury & District Health Unit

* *Public Health Research, Education and Development*

FOR CITATION:

Beynon, C., He, M., Gritke, J., van Zandvoort, M., Warren, C., Chevrier-Lamoureux, R., & Henderson, M. (2009) *Evaluation of the Northern Fruit and Vegetable Program phase II: Children's perspective – Algoma Final Report*. London, Ontario: Middlesex-London Health Unit

FOR FURTHER INFORMATION CONTACT:

Charlene Beynon, Project Co-Lead
PHRED Director
Public Health Research, Education and Development (PHRED) Program
Middlesex-London Health Unit
50 King Street
London, ON
N6A 5L7

519-663-5317 ext. 2484
cbeynon@uwo.ca

TABLE OF CONTENTS

Acknowledgements.....	i
Executive Summary.....	1
Key Findings at a Glance.....	1
Background.....	1
Objectives	1
Evaluation Methodology.....	1
Findings	1
Program Delivery	1
Perceptions of Program	2
Perceived Program Impacts.....	2
Education Component.....	2
Suggestions for Program Improvement	2
Suggestions to Increase Fruit and Vegetable Consumption in Children.....	3
Implications for Practice.....	3
Recommendations for the Ministry of Health Promotion.....	3
Appendices	
Appendix A: Letter of Information and Consent Form (English)	4
Appendix B: Letter for Information and Consent Form (French).....	7
Appendix C: Focus Group Discussion Guide.....	10

ACKNOWLEDGEMENTS

Having the chance to hear feedback first-hand from students participating in the Northern Fruit and Vegetable Program was an exciting opportunity for the Public Health Research, Education and Development (PHRED) Evaluation team. This project could not have been accomplished without the assistance and commitment of many people.

We are most appreciative of the funding provided by the Ministry of Health Promotion and to Roselle Martino (Nutrition Consultant), Nadia Stokvis (Program Coordinator, Chronic Disease Prevention and Health Promotion Branch), and their ministry colleagues for their support of the PHRED Program.

Algoma Public Health was a vital source of assistance. Susan Kniahnicki (Program Director, Chronic Disease Prevention), Lisa Atchison (former Health Promoter, Northern Fruit and Vegetable Program), and Diana Petainen (Public Health Nurse, Northern Fruit and Vegetable Program, Chronic Disease Prevention) were all involved in the important planning stages of this evaluation including providing background information on the Algoma region, assisting with correspondence, making first contact with the school boards, and assisting in travel and supply logistics. We thank them for the valuable roles they played. Thanks is also extended to Raija Lappalainen (Public Health Nurse, Injury and Substance Misuse Prevention) for her generous contribution to the evaluation as Assistant Moderator for the final focus group. We would also like to thank Dr. Allan Northan, Algoma Public Health's Medical Officer of Health, for his ongoing support.

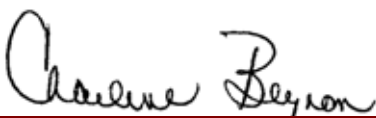
We would also like to express our thanks to the three school boards that participated in our evaluation: the Algoma District School Board, the Huron-Superior Catholic District School Board, and the Conseil Scolaire Catholique du Nouvel-Ontario, as well as to the staff at each of the participating schools. We would also like to thank all the elementary schools where the focus groups were conducted for the time, space, and assistance in distributing and collecting the consent forms.

We would specifically like to acknowledge Roland Perron, who moderated the focus groups, and Jennifer Gritke who acted as Assistant Moderator and Project Coordinator. They are to be commended for facilitating the sessions that generated such rich data. We would also like to thank Michelle Sangster Bouck (Research Associate, MLHU PHRED), and Renée St Onge (Research and Development Specialist, Sudbury & District Health Unit PHRED) for their invaluable assistance during the preliminary stages of this evaluation including developing the initial correspondence and liaising with the Francophone school board and school.

We also wish to express our deep thanks to the PHRED Investigator Team for the extraordinary role they played, to Susan Stewart (Kingston PHRED), a former team member, for her significant role in developing the proposal, to Joanne Beyers (Community Nutrition Specialist, Sudbury & District Health Unit) for helpful review of the report and literature suggestions, to Dr. Kate O'Connor (Kingston PHRED) and Isabelle Michel (Sudbury PHRED) for reviewing the summary, and to Ms. Nancy Forbes (Administrative Assistant to the Director, REED Services, MLHU) for ensuring that administrative supports were in place and for her attention to detail.

And finally, we wish to thank the parents who allowed their children to participate and to the students who made this evaluation possible.

With appreciation and thanks,



Charlene Beynon, MScN
Evaluation Co-Lead



Meizi He, PhD
Evaluation Co-Lead

EXECUTIVE SUMMARY

KEY FINDINGS AT A GLANCE

- Focus groups were conducted in the Algoma region with students in grades 5–8 in order to solicit their views on the Northern Fruit and Vegetable Program (NFVP).
- The NFVP was viewed as a valuable program which had a positive impact on the students' fruit and vegetable consumption behaviours. In particular, students reported an increased willingness to try new fruit and vegetables and increased consumption of fruit and vegetables either at home or at school.
- The quantity and frequency of fruit and vegetable deliveries were found to be inconsistent. However, schools are using innovative ways to reduce program waste, such as composting and sending leftovers home with students.
- Students enjoyed the program, generally thought the food was fresh, tasty, and healthy, and appreciated the chance to snack on healthy foods and to try new fruit and vegetables.
- Students identified some areas for program improvement, including adding more produce variety, incorporating more fun, creative and interactive educational lessons, surveying the students for their fruit and vegetable preferences, and adding other types of food, including having vegetable dip. Promotional multi-media materials, such as websites, commercials, and posters, were identified as ways to raise interest in the program and increase consumption.

BACKGROUND

The Northern Fruit and Vegetable Program (NFVP) was implemented as a pilot in 24 elementary schools in the Porcupine area beginning in December 2006 and was further expanded to 26 schools in the Algoma region in September 2007. The project supports Ontario's Action Plan for Healthy Eating and Active Living and aims to raise awareness and increase the consumption of fruit and vegetables among children. A quantitative outcome evaluation has demonstrated a statistically significant increase in the children's daily fruit and vegetable consumption by 0.5 serving at school as a result of the program. However, little is known about the children's perceptions of the program. This evaluation, which used a qualitative approach, further detailed what children in grades 5-8 in the Algoma region like and dislike about the program.

Objectives:

The objectives of the evaluation were to:

- 1) solicit student (grades 5-8) views of the NFVP;
- 2) qualitatively explore the impacts of the NFVP on student (grades 5-8) fruit and vegetable consumption behaviours.

EVALUATION METHODOLOGY

The NFVP was qualitatively evaluated using focus groups, which were determined to be an appropriate means to solicit children's viewpoints regarding the NFVP. The Research Ethics Board at both Brescia University College and The University of Western Ontario approved the evaluation protocol. Parental informed consent was obtained prior to the focus groups (Appendix A & B). Focus groups were conducted with 57 students in seven elementary schools in the Algoma region, including one French school. The focus group transcripts were coded and qualitatively analyzed using inductive content analysis.

FINDINGS

This evaluation sought to explore several topics during the focus groups, including program delivery, perceptions of the program, perceived impacts of the program, and the education component. It also sought suggestions for improvements to the program and suggestions to increase fruit and vegetable consumption in children.

Program Delivery

- Program delivery varied from school to school, with some schools receiving their snacks only once a

day, and others receiving them twice a day. The number of days per week on which snacks were provided also varied from two days per week to all five school days.

"We get it every Tuesday and Thursday."

"Every day because we always have extras so they want to get rid of it before it's bad."

- Students also identified that their schools were making efforts to reduce waste from the NFVP through composting, recycling, sending food home with students, and preparing soup from leftover vegetables.

"We have our own composting bucket that we put apple cores and the rest of the fruit that we don't want to eat."

"At the end of the week...if there is any leftovers they hand it out to the students if they want some, so they can take a big bag of cucumbers home and have them for the next week of school."

Perceptions of Program

- The overall perception of the program was positive. Student participants stated that they enjoyed the program, generally thought the food was fresh and tasty, and appreciated the chance to snack on healthy foods and to try new fruit and vegetables. When asked what they would tell a friend about the program, the students responded positively.

"[The fruit and vegetables] are always fresh and they always taste good."

"J'pense que c'est bon programme parce que y a des bons fruits et légumes."

(I think that it's a good program because it has good fruit and vegetables. – English translation)

Perceived Program Impacts

- One of the most significant perceived impacts is that students generally believed that they had changed their eating habits by eating more fruit and vegetables as a result of the program. Some of the perceived impacts of the program also included: an increased willingness to try new produce, increased awareness of fruit and vegetables and their benefits, and changed opinions of certain fruit and vegetables.

"I used to eat not a lot of fruit and vegetables but since I started eating them at school now I started to eat them at home. Actually every day when I get home from school I eat them."

"I used to hate broccoli but now I love it."

"I am reading more about fruits and vegetables and I can see how healthy they are now so I have been eating more so I can be healthier."

Education Component

- Although the "Paint Your Plate" program had not yet been introduced to the students, many of the participants provided positive feedback about the "Snack Fact Sheets". Students offered many suggestions for improving the education component, including suggestions that focused on having fun, being creative, engaging students in interactive lessons about fruit and vegetables, learning about more specific health information about fruit and vegetables, incorporating the "Snack Fact Sheets" into classroom activities and homework, and having more classroom or school-wide activities and projects.

"I like how [the Snack Fact Sheets] have recipes on the back for the different fruit and vegetables."

"There's a lot of information that you can learn about [fruit and vegetables] that you probably didn't know before."

"And maybe for one or two every year or month, maybe you could leave the back [of the Snack Fact Sheets] blank so you can have a poster contest or something, so they draw about the healthy living and eating that they learned from the Fruit and Vegetable Program and the "Paint Your Plate" lessons."

Suggestions for Program Improvement

- Although students had many positive things to say about the NFVP, they also had many suggestions for improving the program, including adding more variety, increasing the program frequency, surveying the students' fruit and vegetable preferences, adding other types of food, and using contests and prizes as incentives.

"I think there should be a...better range of fruit and that every week when we have it you should go from fruit to vegetable so we are not just having...fruit for a month and then...one vegetable and then fruit again so then we can try more fruit and vegetables."

"Be a little more diverse in the fruits. We are getting a lot of apples and stuff like that. We got some kiwi, a little bit of pineapple, and some bell peppers but try to be a little more diverse in the fruits."

“Tu peux avoir un sondage, comme tout l'monde qui aime les oranges pis tout ça, tu donnes à l'école, pis après tu vas ajouter des autres choses pour qu'ils l'aiment.”

(You can have a survey, like everyone who likes oranges and all of that, you give to school, and then you will add other things so that they like it. – English translation)

“Some people, they don't like the vegetables without the dip.”

Suggestions to Increase Fruit and Vegetable Consumption in Children

- Students also presented many ideas about how to increase fruit and vegetable consumption in children. Students discussed wanting to have a supportive environment, at both school and home, that is conducive to eating more fruit and vegetables. They also identified many different multi-media strategies that could be used, such as websites, comics, and posters. Incentives, in the form of contests or prizes, were also mentioned as a way to increase consumption.

“Maybe...when [our parents] go shopping, they could cut up some and like have them for supper as a side dish or something.”

“Maybe if the Fruit and Vegetable... program doesn't already have a website you could make...a website and you could start adding to it...and you could have a whole section for adults for getting your kids to eat [fruit and vegetables] and for kids, like quizzes on it and stuff.”

IMPLICATIONS FOR PRACTICE

- 1) The NFVP offers a unique opportunity to promote students' fruit and vegetable consumption by offering convenient and consistent access to free, fresh fruit and vegetable snacks.
- 2) Involving students in program planning and delivery, and in determining which fruit and vegetables to include in the program through a survey, may increase program buy-in, increase fruit and vegetable consumption, and reduce waste.
- 3) Involving parents in the planning process may increase their level of awareness of the NFVP and increase at-home consumption of fruit and vegetables.
- 4) Offering more variety and rotation of fruit and vegetable snacks, and regularly serving nutritious dip with vegetables may further enhance children's

liking of fruit and vegetables and reduce program waste.

- 5) Complete and consistent implementation of the enhanced nutrition education (ENE), including the “Paint Your Plate” lessons and the “Snack Fact Sheets”, is necessary across all participating schools. Teacher training and support should be delivered promptly and in enough time to allow the ENE to be implemented at the beginning of each school year in order to best ensure the ENE's effectiveness.
- 6) Having more promotional materials may increase the level of awareness of the NFVP among parents and children, as well as program participation.

RECOMMENDATIONS FOR THE MINISTRY OF HEALTH PROMOTION

- 1) Continue to provide the NFVP free of charge, and address issues related to consistency of program delivery (i.e., days of the week and time of day) and fruit and vegetable variety and rotation.
- 2) Continue to include the “Snack Fact Sheets” as part of the ENE, and further incorporate them into classroom activities and homework.
- 3) Ensure that the teachers have the required resources to offer the education component of the NFVP and that they provide lessons that are interactive and creative, and teach students about the various health benefits of eating fruit and vegetables.
- 4) Continue to pursue and create policies that promote healthy school environments (i.e., healthy vending machine options).
- 5) Create a variety of promotional materials on fruit and vegetables, including innovative methods such as websites, YouTube, and Podcasts, to increase the level of awareness among parents and children.
- 6) Undertake further examination of the critical issues identified in this evaluation (e.g., seek a clearer understanding of the reasons for program delivery issues and waste, and the perceptions of insufficient fruit and vegetable rotation).

APPENDIX A: LETTER OF INFORMATION AND CONSENT FORM (ENGLISH)

LETTER OF INFORMATION - PARENTS

Evaluation of the Northern Fruit and Vegetable Program (NFVP) - Children's Perceptions

Sponsor: Ontario Ministry of Health Promotion

The pronouns 'you' and 'your' should be read as referring to the participant rather than the parent/guardian/next of kin who is signing the consent form for the participant.

Background:

The Northern Fruit and Vegetable Program (NFVP) has been implemented in elementary schools in the Porcupine and Algoma areas. The NFVP involved students receiving fruit and vegetables at school each week for the course of the study. The project is funded by the Ministry of Health Promotion and supports *Ontario's Action Plan for Healthy Eating and Active Living*. The objectives of this initiative are to raise awareness and increase the consumption of fruit and vegetables among children.

You are being invited to participate in our evaluation project of the NFVP. The objectives of the evaluation are to solicit children's viewpoints of the NFVP and to explore impacts of the NFVP on children's fruit and vegetables consumption behaviours. Your opinion and feedback would help us improve and further expand this project to children across Ontario.

We are holding approximately six to eight separate discussion groups with children in grades 5 to 8 in the Algoma region.

What will happen in this study:

We will conduct focus groups with children with Grades 5-6 and Grades 7-8 separately. The purpose of these focus groups is to discuss how the children view the NFVP and how the program impacts their behaviour. The focus groups will take place at your school during school time. An experienced moderator will lead each focus group, which is expected to last for approximately one hour. To help us accurately remember the information discussed in the focus group, the discussion session will be audio-taped. Audiotapes will be transcribed by a professional transcriber in London, ON. Transcriptions will be used for analysis. Under no circumstances will this information be made public. No information identifying individuals or your school will be reported. Following completion of the analysis, all tape recordings will be destroyed. If you do not wish to be audio-taped then you should not participate in this study.

There will be one focus group involving approximately 10 students in each participating school. Should you decide to participate, please return the completed consent form using the prepaid envelope to the research team. If you are chosen for participation, you will be notified by the research team through your classroom teacher.

Possible benefits and risks associated with participating in the study:

Participation in this project may increase individual awareness of attitudes related to vegetable and fruit intake. There is no known risk related to participation in the study.

Alternatives and right to withdraw from the study:

Your participation in this project is voluntary. You may refuse to participate, refuse to answer any questions, or withdraw from the study at any time with no effect on your status at school.

Confidentiality:

We will keep your identity, comments, as well as all audiotapes and written records confidential and secure. All data will have names removed upon collection, such that your name will not be used at any time during the research process, or the publication of findings. All data will be kept on password protected computers, and in locked file cabinets in the office of the first co-researcher. Representatives of The University of Western Ontario Health Sciences Research Ethics Board may require access to your study-related records or may follow up with you to monitor the conduct of the research. Focus group members are asked to keep everything they hear confidential and not to discuss it outside of the meeting. However, we cannot guarantee that confidentiality will be maintained by group members.

Costs and compensation:

There is no cost to you for participating in the study. Students who participate in a focus group will receive \$5.00 as well as refreshments during the focus group as tokens of appreciation.

Publication of the results:

When the results of the study are published, your name will not be used. If you would like to receive a copy of the overall results of the study, please fill out your name and address on the enclosed Focus Group Consent Form.

Contact Persons:

If you have any questions about the content of this study, please contact Charlene Beynon, Director, Public Health Research Education & Development (PHRED) Program, Middlesex London Health Unit and Casual Associate Professor, Arthur Labatt Family School of Nursing. Tel: (519) 663-5317, ext. 2484

If you have any questions concerning your rights or your child's rights as a study participant, please contact the Office of Research Ethics, The University of Western Ontario (519) 661-3036, email ethics@uwo.ca.

Investigators:

Charlene Beynon, Director, Public Health Research Education & Development (PHRED) Program, Middlesex London Health Unit and Casual Associate Professor, Arthur Labatt Family School of Nursing.

Dr. Meizi He, PhD, Public Health Scientist, Public Health Research, Education and Development Program, Middlesex-London Health Unit

Jennifer Gritke, Research Associate, Public Health Research Education & Development (PHRED) Program, Middlesex London Health Unit.

This letter is for you to keep.

Thank you for considering participation in this study.

FOCUS GROUP CONSENT FORM
Evaluation of the Northern Fruit and Vegetable Program (NFVP) - Children's perceptions

School: _____ *Classroom:* _____

I have read the **Letter of Information - Parents**, have had the nature of the study explained to me and I agree to participate. All questions have been answered to my satisfaction. I agree to let my child participate in the evaluation process.

Date Parent's / Guardian's printed name Parent's / Guardian's signature

Date Child's printed name Child's signature (optional)

Date Person Obtaining Informed Consent Signature

Yes, I would like to receive a copy of the results of the study.

Please send the results to

Name: _____

Address: _____

No, I would not like to receive a copy of the results of the study.

(Please sign and return **one copy** of this page in the enclosed envelope to the research team by **Tuesday, October 14, 2008** and keep the other copy for your records).

Address:
Jennifer Gritke, Research Associate
PHRED Program
Middlesex-London Health Unit
50 King St.
London, ON N6A 5L7

APPENDIX B: LETTER FOR INFORMATION AND CONSENT FORM (FRENCH)

LETTRE D'INFORMATION AUX PARENTS

Évaluation du Programme de distribution de fruits et de légumes dans le Nord de l'Ontario – Perceptions des enfants

Commanditaire : ministère de la Promotion de la santé de l'Ontario

Il y a lieu de lire les mots « tu », « ton » ou « tes » comme s'ils renvoyaient au participant, et non au parent, au tuteur ou au plus proche parent qui signe le formulaire de consentement en son nom.

Contexte :

Le Programme de distribution de fruits et de légumes dans le Nord de l'Ontario a été mis en œuvre dans les écoles élémentaires des secteurs de Porcupine et d'Algoma. Il a fait intervenir des élèves qui recevaient des fruits et légumes chaque semaine pendant la durée de l'étude. Le projet est financé par le ministère de la Promotion de la santé et vient à l'appui du *Plan d'action de l'Ontario pour la promotion de la saine alimentaire et de la vie active*. L'initiative a pour objectifs de sensibiliser davantage les enfants à la consommation de fruits et légumes et de faire en sorte qu'ils en mangent plus.

Nous t'invitons à participer à notre projet d'évaluation du Programme de distribution de fruits et de légumes dans le Nord de l'Ontario. L'évaluation a pour objectifs d'obtenir le point de vue des enfants sur le Programme et d'examiner les effets de celui-ci sur leurs comportements par rapport à la consommation de fruits et légumes. Ton avis et ta réaction nous permettraient d'améliorer le projet et de l'étendre aux enfants de tout l'Ontario.

Nous organisons, dans la région d'Algoma, environ six à huit groupes de discussion regrouperont des enfants de la cinquième à la huitième année.

Ce qui va arriver dans le cadre de l'étude :

Nous allons tenir, séparément, des groupes de discussion avec des enfants de 5^e et 6^e année et de 7^e et 8^e année. Les discussions porteront sur la manière dont les enfants perçoivent le Programme et dont celui-ci influe sur leur comportement. Elles auront lieu à ton école pendant les heures de classe. Une personne d'expérience animera chaque discussion, qui devrait durer environ une heure. Pour que nous puissions mieux nous rappeler des points abordés, chaque séance sera enregistrée sur bande sonore. Les bandes seront transcrites par une copiste professionnelle de London, en Ontario. Les transcriptions serviront à l'analyse. En aucun cas les renseignements ne seront rendus publics. Aucun renseignement permettant d'identifier des personnes ou ton école ne sera transmis. Après l'analyse, tous les enregistrements sonores seront détruits. Si tu ne souhaites pas que tes propos soient enregistrés, tu devrais éviter de participer à l'étude.

Une discussion regroupant dix élèves environ aura lieu dans chaque école participante. Si tu décides de participer, renvoie à l'équipe de recherche le formulaire de consentement rempli dans l'enveloppe affranchie. Si l'on te choisit, l'équipe t'en avisera par l'entremise de ton titulaire de classe.

Avantages et risques pouvant découler de la participation à l'étude :

Participer au projet pourra sensibiliser davantage aux attitudes relatives à la consommation de légumes et de fruits. Participer à l'étude ne présente aucun risque connu.

Solutions de rechange et droit de se retirer de l'étude :

Ta participation au projet est volontaire. Tu peux refuser de participer ou de répondre à des questions, ou encore, tu peux te retirer de l'étude en tout temps sans que ton statut à l'école n'en soit affecté.

Confidentialité :

Nous allons tenir ton identité, tes commentaires et tous les enregistrements sonores et les dossiers confidentiels et en sécurité. Les noms seront éliminés de toutes les données une fois celles-ci recueillies, de telle sorte que ton nom ne sera utilisé en aucun temps pendant le processus de recherche, ou encore la publication des résultats. Toutes les données seront protégées par un mot de passe et stockées dans des classeurs verrouillés au bureau de la première co-chercheuse. Il se peut que des représentants du comité d'éthique de la recherche en sciences de la santé de l'Université Western Ontario doivent avoir accès à tes dossiers concernant l'étude ou assurer un suivi auprès de toi pour surveiller la conduite des travaux. Les membres des groupes de discussion doivent garder tout ce qu'ils entendent confidentiel, en évitant d'en parler en dehors de la réunion. Cependant, nous ne pouvons garantir qu'ils respecteront cette confidentialité.

Coûts et rémunération :

Participer à l'étude ne te coûtera rien. Les élèves qui accepteront de participer à une discussion en groupe recevront 5 \$ et se verront servir des rafraîchissements en gage de notre gratitude.

Publication des résultats :

Lorsque les résultats de l'étude seront publiés, ton nom n'y figurera pas. Si tu souhaites recevoir une copie des résultats globaux de l'étude, inscris ton nom et ton adresse sur le formulaire de consentement à participer à une discussion en groupe ci-joint.

Personnes-ressources :

Si vous avez des questions sur le contenu de l'étude, communiquez avec Charlene Beynon, directrice du Programme de recherche, d'éducation et de développement en santé publique (REDSP) au Bureau de santé de Middlesex-London et professeure agrégée à l'Arthur Labatt Family School of Nursing, au (519) 663-5317, poste 2484.

Si vous avez des questions sur vos droits ou ceux de vos enfants en tant que participant ou participante à l'étude, veuillez communiquer avec le Bureau d'Éthique de la Recherche de l'Université Western Ontario en composant le (519) 661-3036 ou en envoyant un courriel à ethics@uwo.ca.

Chercheuses :

Charlene Beynon, directrice du Programme de recherche, d'éducation et de développement en santé publique (REDSP) au Bureau de santé de Middlesex-London et professeure agrégée à l'Arthur Labatt Family School of Nursing.

Dre Meizi He, Ph.D., spécialiste en santé publique, Programme de recherche, d'éducation et de développement en santé publique (REDSP), Bureau de santé de Middlesex-London

Jennifer Gritke, agrégée de recherche, Programme de recherche, d'éducation et de développement en santé publique (REDSP), Bureau de santé de Middlesex-London

La présente lettre est à conserver.

Merci de songer à participer à l'étude.

APPENDIX C: FOCUS GROUP DISCUSSION GUIDE

Children's Focus Group Interview Guide

Introduction and ice-breaker question:

Thank you for coming today to help us understand your thoughts and feelings about fruits and vegetables and the Northern Fruit and Vegetable Program. Now tell us your name and your favourite fruit or vegetable.

1. Tell me about the Fruit and Vegetable Program at your school.

Probes

- How many times a week do you get the fruit and vegetables? What time of the day do you get the fruit and vegetables?

2. Imagine that you were going to tell a friend that doesn't go to your school about the fruit and vegetable snacks in your school. What would you tell them about the program?

Probes

- What did you think of the fruit and vegetables?
- Which fruit and vegetables were new to you? How did you feel about trying new fruit and vegetables?

3. What do you think of the Paint Your Plate lessons you had about fruit and vegetables

Probes

- What did you learn that was new?
- How did these lessons change what you think about fruit and vegetables

4. Do you think you have made any changes to the amount of fruit and vegetables you eat since participating in this program?

Probes

- Tell me about these changes.
- Are you eating more or less? What kinds?
- Have you made changes at home or at school?
- Why do you think you are making these changes?

5. You have all been in the Fruit and Vegetable Program for one (or two years), and you have all become experts. We want to bring this program to other schools. How can we make it better?

Probes

- What should we do with the fruit and vegetables?
- What would you like the lessons to be like? What would you like to learn about?

6. What kind of things could be done to help you eat more fruit and vegetables?

Probes

- What could the people who run the program do to help you eat more fruit and vegetables?
- What could your school do to help you eat more fruit and vegetables?
- What could be done at home to help you eat more fruit and vegetables?

To Member-Check:

Provide an oral summary of the focus group discussion, then ask: Is this an adequate summary?