

Eat Up.

LEARN, GROW & SUCCEED

EVALUATION REPORT 2021



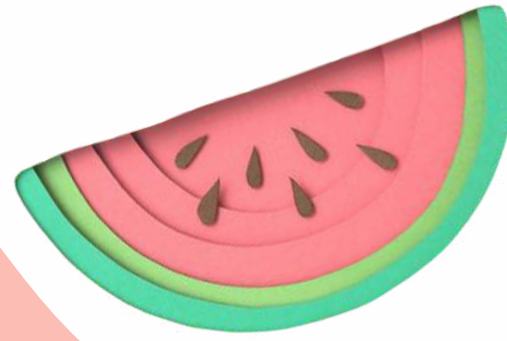


Eat up has supported families in feeling less concerned about sending their children to school if there is limited food in the house. They know their children will be fed. With increased attendance students have had the opportunity to grow socially and academically.

- Principal, Anonymous School, NSW



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REPORT SNAPSHOT

This report provides insights into Eat Up's programs and impact. These findings help Eat Up learn from schools about how best to grow the program and help students succeed. A summary of the evaluation of Eat Up's services in Queensland (QLD) and New South Wales (NSW) during the 2020-2021 period. A total of 77 schools (26% of all QLD and NSW Eat Up schools) were included in the evaluation. The data captured via two evaluation tools, provides the following key findings.

1 in 3 students need Eat Up

REACH

An average of 137 students per school have a full tummy at lunchtime thanks to Eat Up.

An estimated 85,000+ students received free lunches in the past year

SAVING RESOURCES

On average, Eat Up's lunches save schools

3.3 hours per week

\$7,227 each year in ingredients and staff time (per school)

Eat Up saves the Australian education system an estimated **\$4.5M / year.**

Eat Up saves **\$188,241** in costs thanks to the help of volunteers who prepare student's sandwiches.

SOCIAL RETURN

For every dollar invested, Eat Up produces of social return for students, schools and the community. In the year 2020-2021, Eat Up produced \$5.75M in social benefit.

\$6

Note this calculation has been updated Nov 2021

IMPACT FOR STUDENTS

Schools report that Eat Up has improved student's:



Nutrition by 133%



Energy Levels by 100%



Levels of Concentration by 75%



Participation in Classrooms by 75%



Academic Performance by 50%



Attendance at School by 40%



Health by 41%

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Students get to focus on their class/education rather than thinking about how, where or when they are going to get something to eat. It alleviates their stress levels and helps with their social/peer relationships and emotional well-being"

- Youth Support Coordinator, Qld

MISSING OUT

24% of schools report that some students still miss out on lunch, most commonly because students have difficulty asking for help or because schools have difficulty meeting high demand.

PERFORMANCE

When compared to other food programs, Eat Up was well rated by schools in terms of:

Ease of storage

70% of staff rated Eat Up better than other programs

Preparation

67% of staff rated Eat Up better than other programs

Acceptability to students

44% of staff rated Eat Up better than other programs

The results of the evaluation demonstrated the importance of the Eat Up program for schools, and importantly, the benefits to vulnerable children and teens.

How to reference this report:
Eat Up Australia. Learn, Grow & Succeed Evaluation Report. Melbourne: Eat Up Australia, September 2021.

Thank you to The Institute for Physical Activity and Nutrition (IPAN) and Accenture for completing the independent analysis presented in this report. See page 33 for more detail.

MORE THAN LUNCHES

NSW schools used Eat Up's sandwiches more frequently for student's breakfasts (58%) than lunches (39%). This is despite Foodbank running a Brekky Club across NSW.

EMERGENCY FOOD DURING THE PANDEMIC

227,000kg+ of emergency food boxes and items have been provided to families during the pandemic.



Increase in quality of life

28%



Decrease in anxiety

42%



Increase to affordable food

75%

The boxes are a wonderful way to not only provide nutritious food for our families but again allow us to develop relationships built on trust with no judgement. They make such a difference to our families as we have so many families struggling each and every day."

- Administration, Primary School, QLD

LUNCHTIME HUNGER

Children who cannot access enough nutritious, culturally-appropriate food are considered 'food insecure' and this nutrition problem is associated with adverse health, social, and educational outcomes. For example, there is evidence of an increased risk of obesity¹, depression and toxic stress² in children who are food insecure, compared to their food secure peers. The diets of food insecure children have been found to be high in sugar and low in iron², and contain inadequate serves of vegetables and fruit³. Children living in food insecure households are more likely, compared to those from food secure households, to miss days from school or activities, and demonstrate behavioural difficulties⁴.

Poor diet is linked to children missing school and an increase in behavioural difficulties.

According to the United Nations, in Australia the prevalence of food insecurity in 2017-19 was estimated at 13.5% of households⁵. Some grey literature suggests as many as 1 in 5 Australian children (22%) experienced food insecurity in 2017⁶. The COVID-19 pandemic will have exacerbated this problem. There is a known higher prevalence of food insecurity amongst single-parents⁶, households with children with special healthcare needs⁷ and families living in socio-economically deprived neighbourhoods⁴.





Eat Up FILLING TUMMIES

From grassroots beginnings, Eat Up is now Australia's only organisation providing free lunches for students on a national scale. With the help of our partners and dedicated volunteers, each week Eat Up makes and delivers over ten thousand lunches directly to 621 schools to feed some of Australia's most vulnerable children.

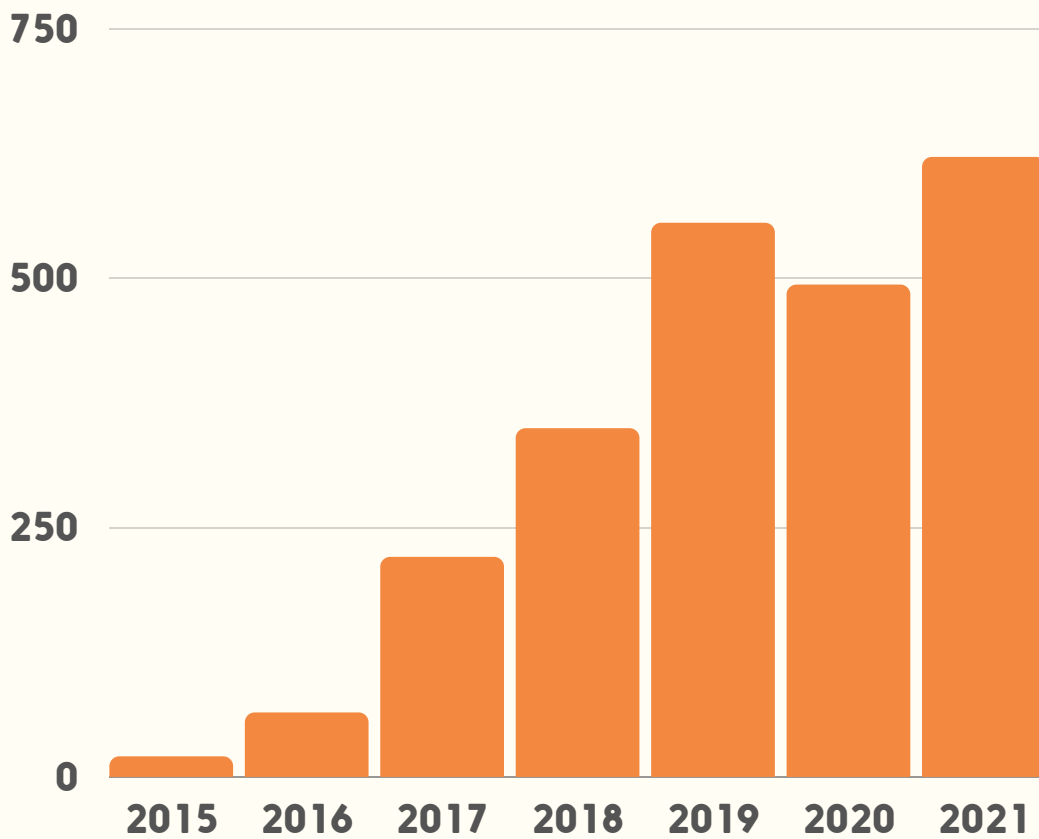
Eat Up was created to tackle hunger and food insecurity in classrooms across Australia. Founded in 2013 in Shepparton, Victoria. By mid-2021, the Eat Up service had grown to support 621 schools across Victoria, New South Wales, Queensland, Northern Territory and Western Australia.

Both primary and secondary schools receive regular deliveries of sandwiches, and where possible, healthy snacks and fruit. Schools freeze the fresh sandwiches on site, and toast them as needed to provide for hungry students, supporting them to grow, learn and succeed.

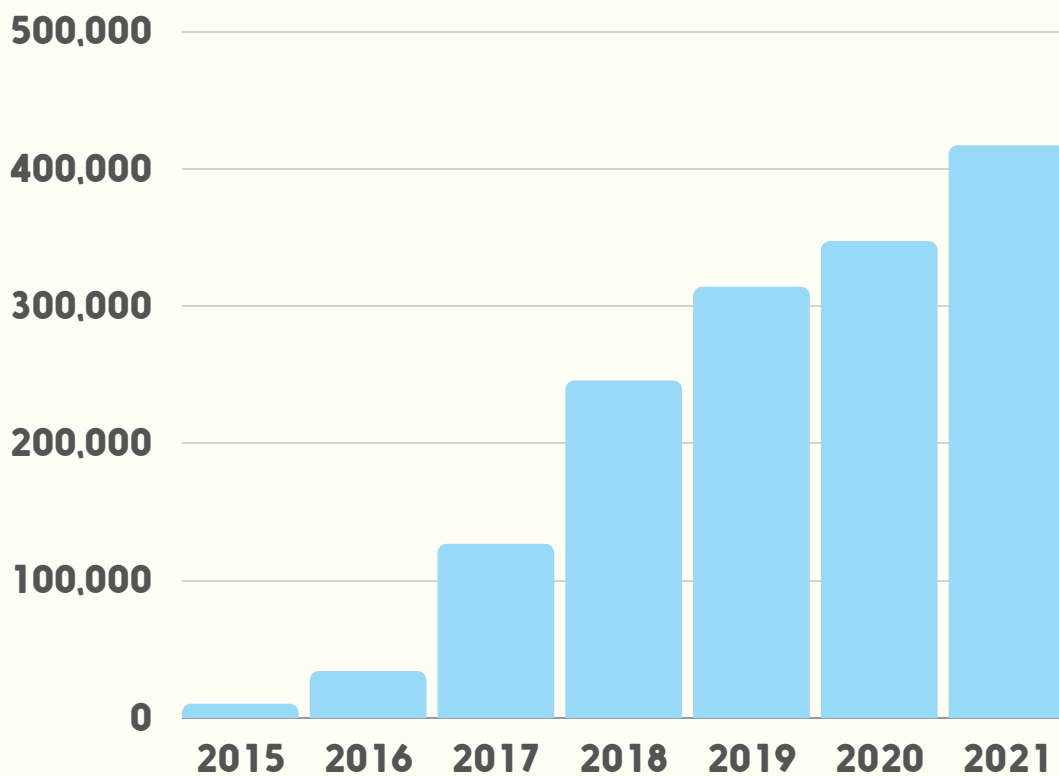
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Number of schools enrolled in Eat Up's lunch program



Number of sandwiches provided annually*



* These figures include the delivery of both sandwiches, sandwich ingredients during the pandemic when volunteer sessions were not possible, and the provision of vouchers to remote or small schools.

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Before Eat-Up came along the office staff provided lunch to students so the ease of having the food delivered to the office is great! Also the program allows school funds to be utilised in other areas of education. The Eat-Up staff are always so friendly.

- Julie Brechin, Administration, Shelley Public School, NSW

In 2020 and 2021, hunger and food insecurity were big issues. The COVID-19 pandemic triggered the closure of schools and substantial economic and social disruption. Eat Up adapted by offering emergency fresh food boxes in affected areas and ensured ongoing lunch deliveries to schools that remained open.

Eat Up provides cheese sandwiches, with healthy snacks when possible (funding dependent). Eat Up relies on the donation of snacks for lunches. Eat Up provides fresh fruit to students in Victoria thanks to funding provided by the Bank of Melbourne Foundation. During times where volunteer sessions were not able to be facilitated during the pandemic, Eat Up provided ingredients for schools to prepare sandwiches for students (20% of sandwiches in 2020-2021 financial year).



1.5+ Million free school lunches*



39,522+ fruit pieces



23,128+ Emergency Food Boxes for families during the pandemic

To date, Eat Up has provided over 1.5 million free school lunches and over 23,128 Emergency Food Boxes for students and their families Australia wide. In the 2020/21 financial year alone, Eat Up provided 445,000 lunches to schools, and an additional 122,460kg of Emergency Food in response to the COVID-19 pandemic.

This is a great efficient way of supporting us.

- Transformational Leader,
Anonymous school, NSW

In 2021, Eat Up began trialling providing gift cards to a small number of schools to purchase ingredients to prepare lunches for students (5% of sandwiches in 2020-2021 financial year). These small need or rural schools have responded positively to this change, and the change frees up space in delivery runs to enable Eat Up to support more schools.



*These figures include the delivery of both sandwiches, sandwich ingredients during the pandemic when volunteer sessions were not possible, and the provision of gift vouchers to remote or small schools to purchase ingredients for lunches.



ABOUT THIS EVALUATION

This evaluation report provides insights from an important period of 2020–2021, during the Covid-19 pandemic. Two evaluation tools, the Annual Survey (30 questions, yearly survey completed by key school contact) and the Hunger Count (audit of all students receiving Eat Up lunches over a two week period and 13 question survey), were used to capture data from New South Wales and Queensland schools. Survey data was analysed by IPAN, and Eat Up’s Social Return on Investment tool was designed and analysed by Accenture.



Reach

Characteristics of students accessing the program



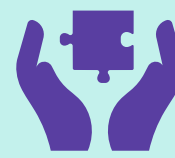
Implementation

How schools distribute sandwiches during meal and snack times



Impact

Benefits and impacts for students, benefits impacts for schools and communities



Acceptability

How Eat Up compares to other school food programs

PARTICIPATING SCHOOLS

Schools enrolled in Queensland and New South Wales were approached to take part in the evaluation. Schools in Victoria (194 schools) were unable to be approached due to the pause on research in this state in response to the pandemic. Eat Up also expanded into Western Australia (72 schools) and the Northern Territory (8 schools) after the evaluation took place. We look forward to capturing helpful insights from schools in Victoria, Western Australia and Northern Territory in the 2022 evaluation.

A total of 301 schools in NSW and QLD were invited to participate in the research. 77 schools (26% of invited schools) provided consent to participate in this round and the next 4 years, and provided data for this report. Of these schools, 74 (96%) completed the '20-'21 Annual Survey, with missing data ranged from 2% to 31% for annual survey items.

51 schools (66%) completed the '21 two-week Hunger Count. There were three schools that only completed the Hunger Count and not the Annual Survey.

The size of schools who participated ranged from 15 students to 1170 students, with the average school size of 468.

Whilst this report provides insights from only 26% of QLD and NSW Eat Up schools, it is important to recognise that research during the COVID-19 pandemic was substantially disrupted. We thank those schools who provided their views during a time of great difficulty for staff, students and families. Furthermore, the participating schools were varied in many attributes, including size, location and length of time working with Eat Up, and hence provide rich and diverse views.

Demographic breakdown of responding schools

		Annual Survey n(%)	Hunger Count n(%)
State	NSW	42 (57)	34 (66)
	QLD	32 (43)	17 (33)
Age group	Primary	42 (57)	47 (92)
	Secondary	32 (43)	4 (8)
Length of Time in Program*	<1 year	7 (9)	
	1 year	24 (32)	
	2 years	31 (42)	
	3 years	8 (11)	
	4 years	2 (3)	
Type of EY Support*	Sandwiches/Ingredients	62 (84)	
	Vouchers	9 (12)	
	Emergency Food	49 (78)	
Respondent Job Title*	Principal	9 (12.5)	
	Assistant / Deputy Principal	13 (18)	
	Chaplain	9 (12.5)	
	Teacher	6 (8)	
	Administration	16 (22)	
	Community Liaison Officer	6 (8)	
	Teacher Aide	3 (4)	
	Other	10 (14)	

WHO DOES EAT UP HELP?

621 schools in VIC,
NSW, QLD, WA &
NT

An estimated
85,000+ students
Australia wide
receive lunches*

2278 families
received emergency
food during Covid-19
lockdowns



As of August 2021, Eat Up supports 621 schools across capital cities and regional areas of Victoria, New South Wales, Queensland, Western Australia and the Northern Territory. 62% of schools supported by the lunchtime program are located in metropolitan areas of Australia, and 38% in regional areas. 458 are Primary Schools, and 153 Secondary Schools (other, n=5).



Of the schools who completed the Hunger Count, more boys (n=840, 56%) than girls (n=671, 44%) were reported to use the program over the two-week Hunger Count (n=42, 3% unspecified).



More students in primary school years (n=1267, 83%) used the program during the two-week Hunger Count. This is likely indicative of more primary (76%) than secondary schools (24%) being enrolled in Eat Up's lunchtime program, and also participating in the Hunger Count evaluation research (Primary 92%; Secondary 8%).



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*based on currently servicing 621 schools



HOW MANY STUDENTS EAT UP?

Schools surveyed reported that **1 in 3** students need an Eat Up lunch each year

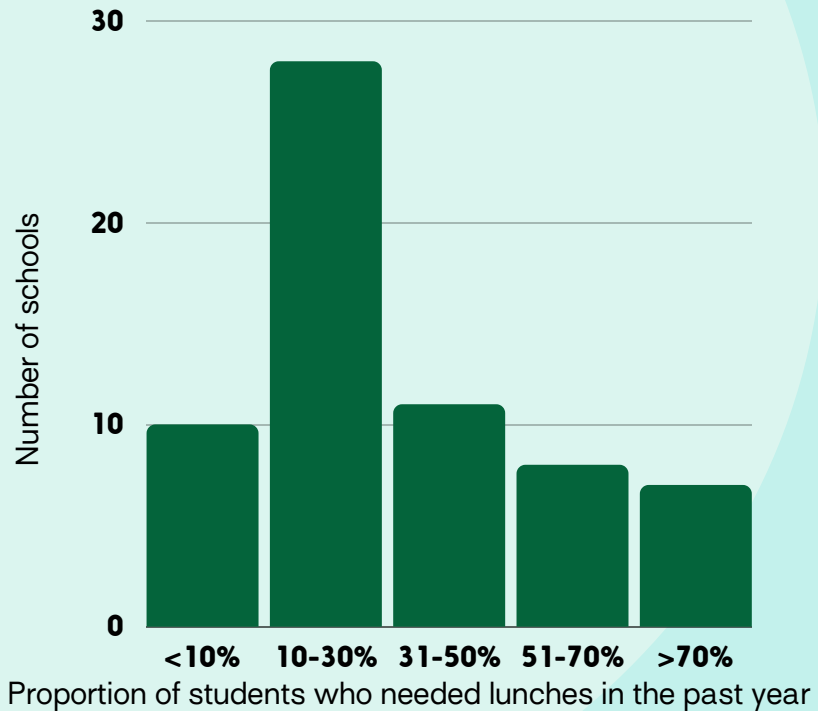
On average, 137 students per school were estimated to need an Eat Up lunch over the school year. Two of the participating schools reported that over 800 of their students needed Eat Up's program.

On average across participating schools, 34% of students need Eat Up in one year (ratio of 1:3), with responses ranging from 4-85% of the school population. Rates were similar across states, 34% and 31% for QLD and NSW respectively.

A rate of 1 in 3 students experiencing food insecurity is greater than data reported elsewhere (1 in 5 reported by Foodbank⁶). The higher level of need may be due to:

- The increase in food insecurity⁷ impacting Australian homes due to Covid-19, reported elsewhere, or
- The demographics of the schools surveyed. Eat Up mainly targets and supports schools who are below 1000 on the Index of Community Socio-educational Advantage⁸. Therefore the higher rate of food insecurity may reflect the characteristics of the schools sampled.

Estimated proportion of students (%) who receive an Eat Up sandwich in the past year.



We, here at Greystanes High School, thank you for all Eat Up has given and done for the students and families. We would not be able to support our students and families if it wasn't for Eat Up and the food and sandwiches that Eat Up provides them which they so crucially need. Eat Up provides such a necessity of a service to all your clients. I look forward to continuing working with you not just next year but for many more years to come.

- Lisa Yalda, Student Support Officer, Greystanes High School, NSW

Photo: Flashpoint Labs

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WHY STUDENTS NEED HELP

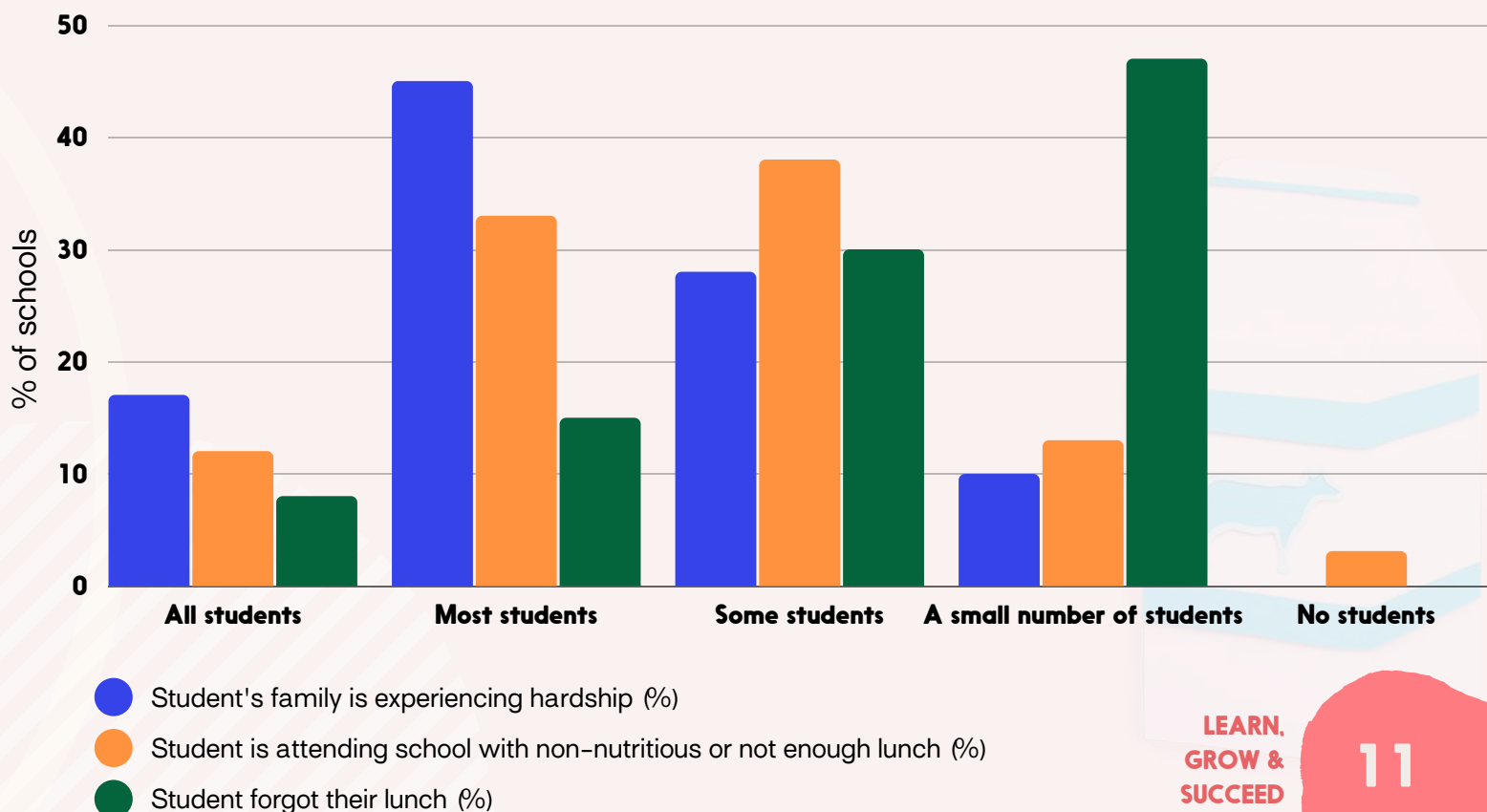
Most schools reported their students largely need Eat Up's lunches because their families are experiencing financial hardship. Other students need the lunches because they came to school without enough food, or attended school with a non-nutritious lunch. Very few students accessed Eat Up's program because they forgot their lunch.

- 62% of schools reported all/most students need Eat Up lunches due to family hardship
- 45% of schools reported all/most students need Eat Up lunches due to students attending school with a non-nutritious lunch or not enough lunch
- 23% of schools reported all/most students need Eat Up lunches due to students forgetting lunch

Thank you for the service you provide. Our school is in a very low socioeconomic area and our families struggle each and every day. Despite that, it doesn't mean they don't care and for us, being able to support them and their children in any way allows us to develop relationships built on trust. Our parents trust us and know they can ring us any day and ask us to feed their children, they receive no judgement from us and ultimately it means the children are fed and therefore still attending school. It's simply a win-win situation for everyone. We simply could not do this without your ongoing support and for that we are so very thankful.

- Administration Staff Member, Anonymous School, QLD

Why students need an Eat Up sandwich



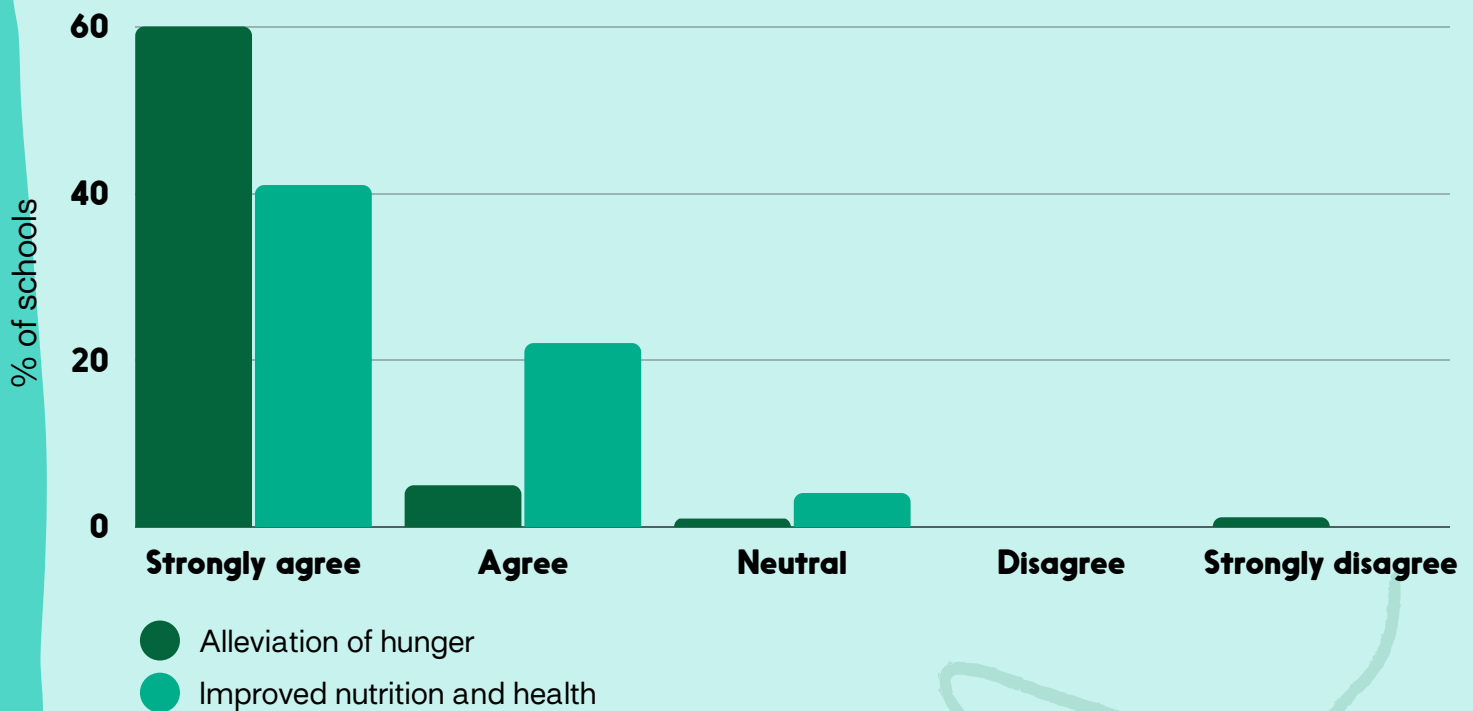
THE POWER OF LUNCHES

Missing meals has a big impact on a child's growth, development, and learning - with hunger leading to fatigue, illness, challenging behaviour, and poorer learning outcomes. Hunger contributes to the disadvantage cycle, with children falling further behind their peers in school.

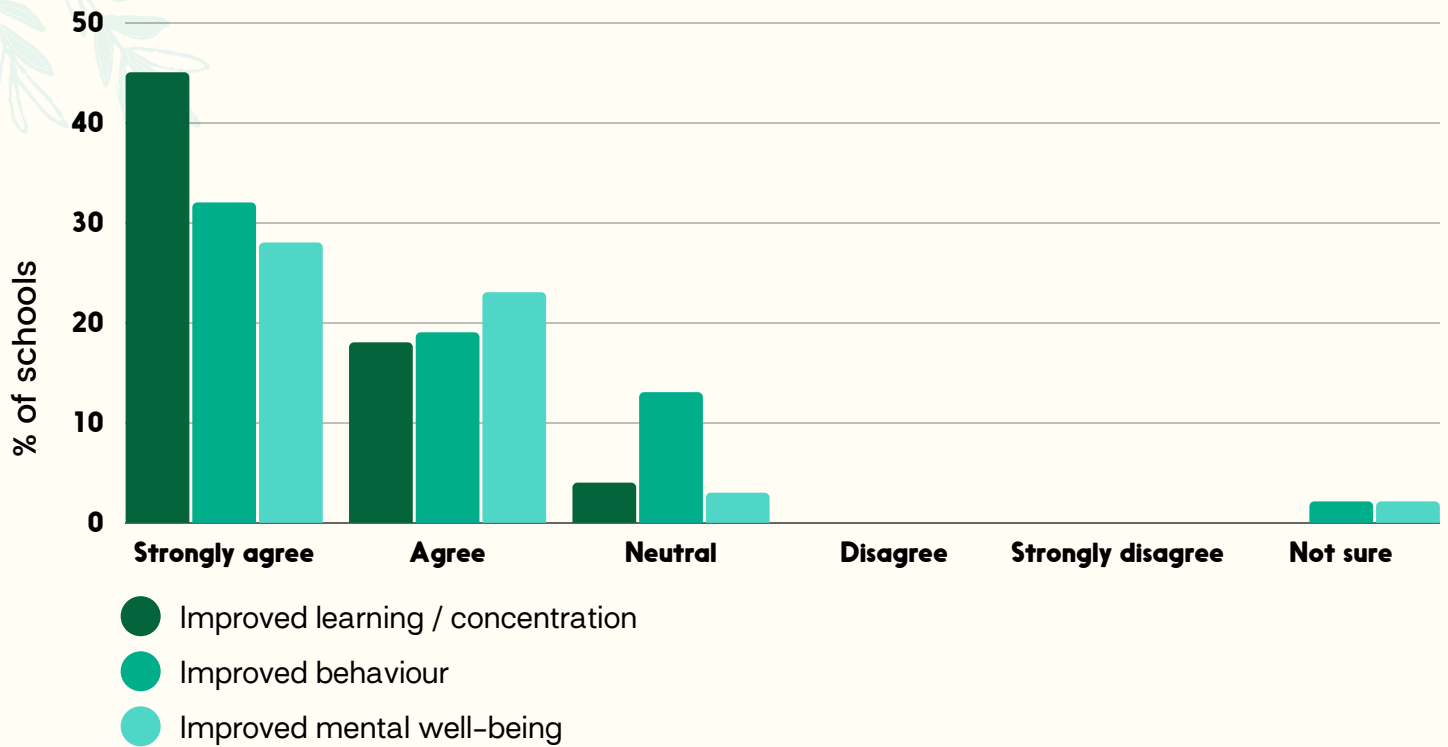
Teachers and school staff reported a range of benefits when students have access to Eat Up's lunches:

- 94% reported improved nutrition
- 94% reported improved learning/ concentration
- 92% reported improved mental well-being
- 93% reported students can eat lunch with peers
- 91% reported an opportunity to check in with students

Nutritional benefits of Eat Up for students



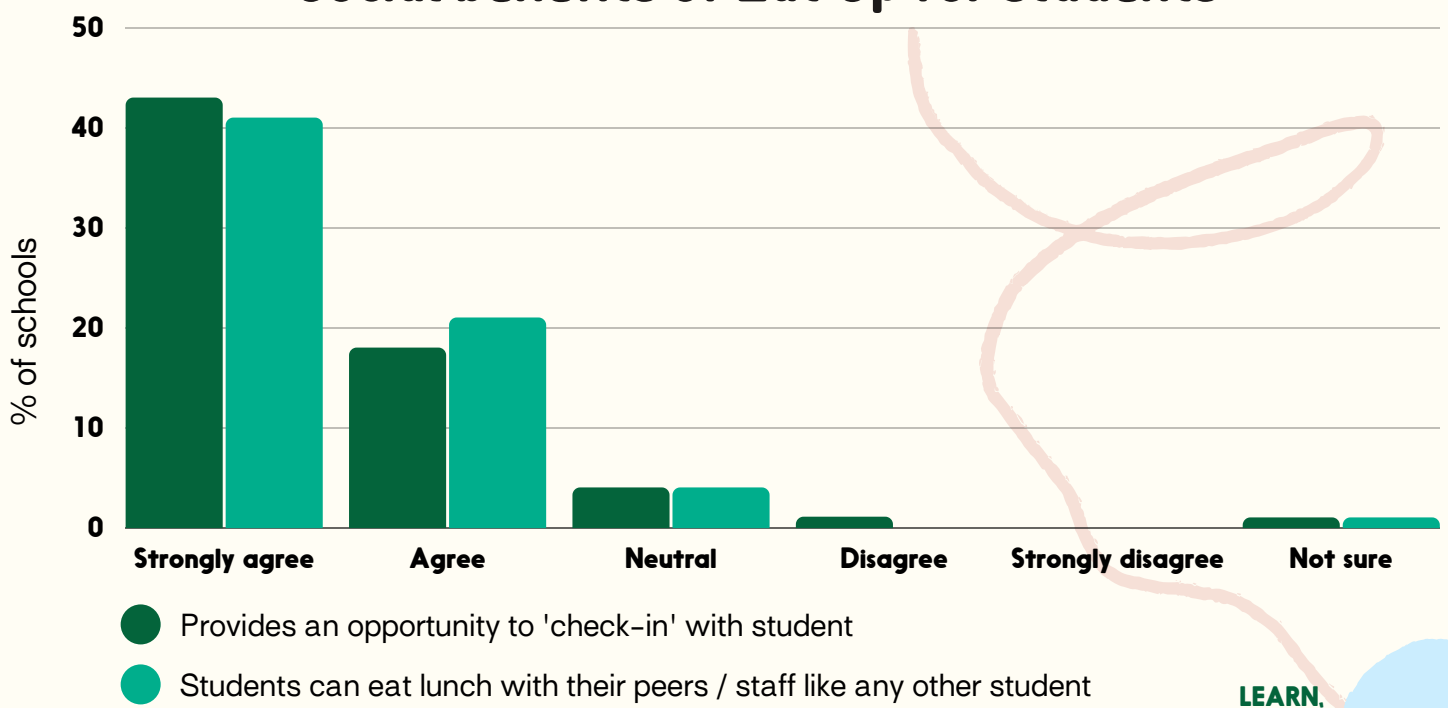
Learning and wellbeing benefits of Eat Up for students



This is an invaluable service for our students. Often we find when we are having disruptions in the class or students aren't engaging we find that they haven't eaten either breakfast or lunch. We are so thankful for the sandwiches which we then can offer to support them in this basic need that in turn supports them within the classroom environment.

- School Chaplain, Anonymous School, NSW

Social benefits of Eat Up for students





Staff described other benefits for their students:



Demonstrates that the school cares for them

- Nicola Saad, School Chaplain, Humpybong State School, QLD



Children learn to trust that we are just here to help and support them

- Administration Staff Member, Anonymous School, QLD



Enhancing sense of connectedness, belonging and safety at school


- Anne Davis, Principal, Riverwood Public School, NSW



It helps students to feel included and not feel different

- Administration Staff Member, Anonymous School, NSW

Staff described that the program helps students anxiety, and helps prevent bullying in their school.




The most obvious is a reduction in anxiety. The 'regulars' no longer have to worry about the fact that they have no lunch and that they will be hungry. This allows for greater engagement in class

- Michelle Francis, Assistant Principal, Wyoming Public School, NSW

The students do concentrate better in class and don't feel let out or isolated or shamed knowing they don't have food

- Michelle Francis, Assistant Principal, Wyoming Public School, NSW

Others described the program as avenue to monitor student's wellbeing and improve relationships between staff and parents.



Being able to provide a sandwich (toasted for breakfast) and then another couple for first and second breaks allows us to ensure the child is not going hungry and also to "check in" on how their day is going, overall welfare of the child and how family life is going. Also, importantly it gives us the opportunity to continue to develop a relationship built on trust with no judgement attached with both the student and parent

- Administration Staff Member, Anonymous school, QLD

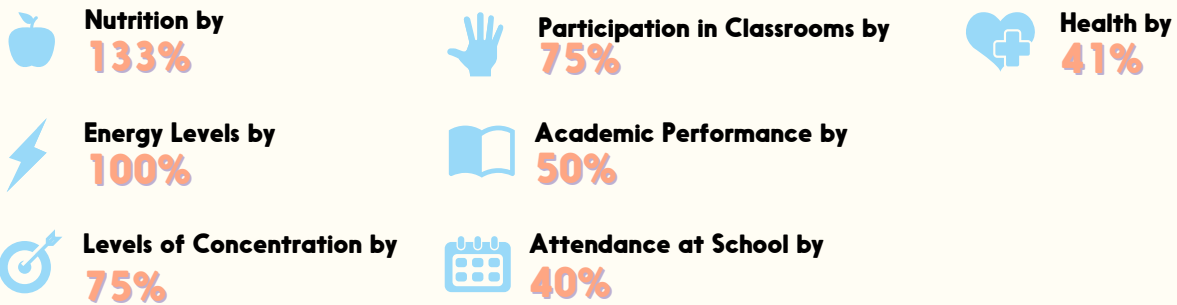
CHANGING STUDENT'S LIVES

Schools were asked to estimate 'before and after' ratings for any changes they have observed for students since implementing the Eat Up program at their school. Staff provided ratings in seven different areas on a scale of 1 – 10 with 1 being poor and 10 being excellent.

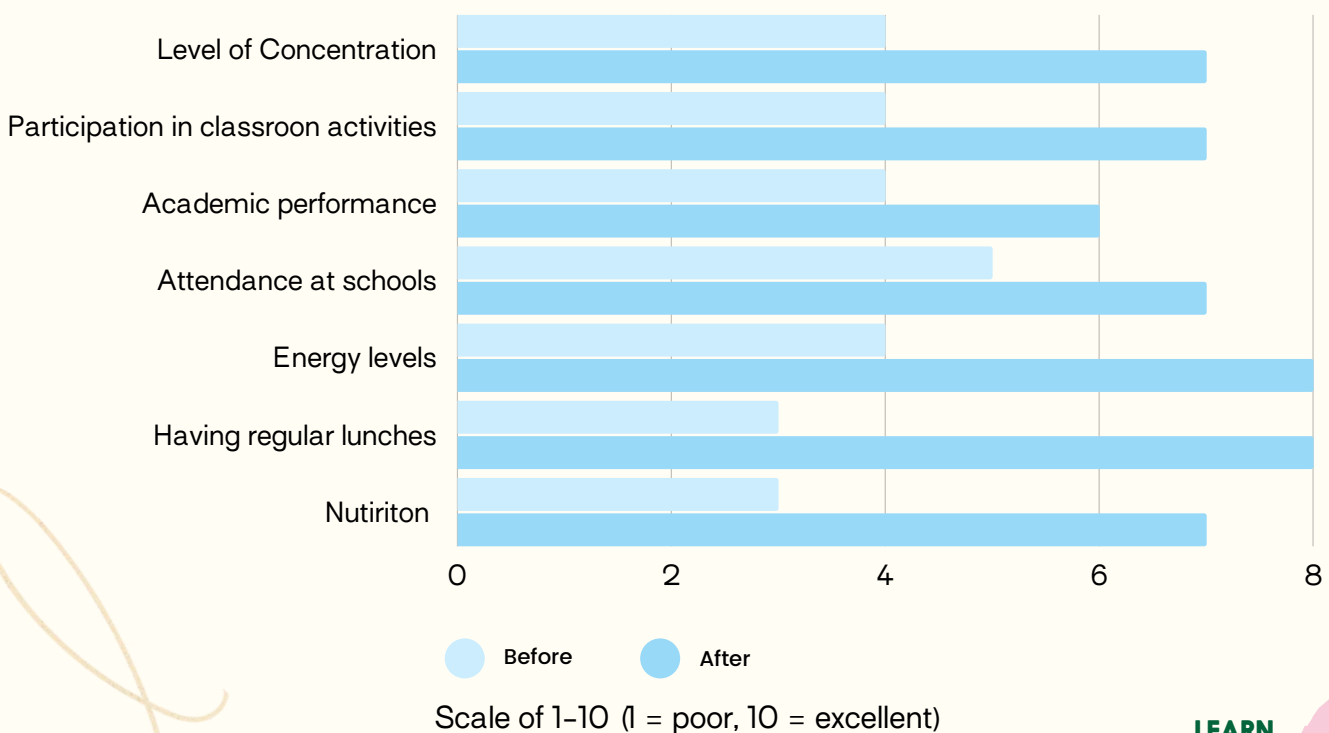
There are some students who will not attend school if there is nothing for their lunch box. Having sandwiches available increases their attendance.

- Nicola Saad, Chaplain, Humpybong State School, QLD

School staff reported that implementing Eat Up's lunch program has improved:



Student outcomes before and after participating in Eat Up





School staff also described in their own words how introducing Eat Up's lunchtime program in their school has improved student's lives. Most remarked that student concentration and therefore learning outcomes benefited most from the program:

Students are more focused, therefore more likely to do work after they've had a sandwich

- Robyn Lea, Support Teacher, Everton Park State High School, QLD

Eat Up sandwiches has helped students to concentrate during their afternoon lessons as a result of receiving food at school'

- Teacher, Anonymous school, NSW

It helps the parents and kids, feel like someone cares and they have a full tummy allowing them to concentrate

- Tamara Stoddart, Teacher, Campbelltown Public School, NSW

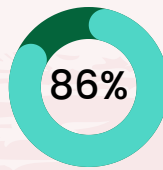
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HELPING SCHOOLS

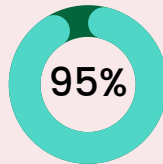
School staff don't just educate Australia's children – they take great care in making sure students have the food they need. Many schools were paying for and preparing lunches for hungry students before Eat Up began providing free lunches in schools, with some staff paying for student's lunches out of their own pocket.

School staff reported that Eat Up's free lunch program has saved both time and money for schools. These savings ensure schools can direct much needed resources and funding to education resources. This is especially important for disadvantaged schools, who Eat Up prioritise based on school's ICSEA.

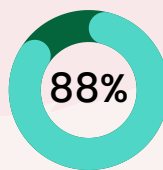
Of school staff surveyed:



of schools save time



of schools save money



of staff report the program provides opportunity to check in with families

SAVING SCHOOLS MONEY

Based on the reports from staff, it is estimated that **81,475** hours* of time is saved across Australia by the **621** schools accessing Eat Up's program.

Staff reported saving an average of **\$1753** (per school) with Eat Up lunches, as they no longer have to purchase food for students.

Eat Up is estimated to save the Australian education system an estimated **\$4.5M / year** in staff time and ingredient costs. These funds can be reallocated to important education resources.

The partnership with Eat Up has significantly decreased teacher/staff time allowing for children to quickly and effortlessly receive their lunch. The money saved is greatly appreciated and able to be allocated to additional wellbeing areas.

- Deputy Principal, Anonymous School, NSW

We just love having a resource that helps our children to feel cared for. One girl recently said that at her last school she was afraid to ask for food but knowing that teachers weren't paying for it meant she felt more comfortable eating it.

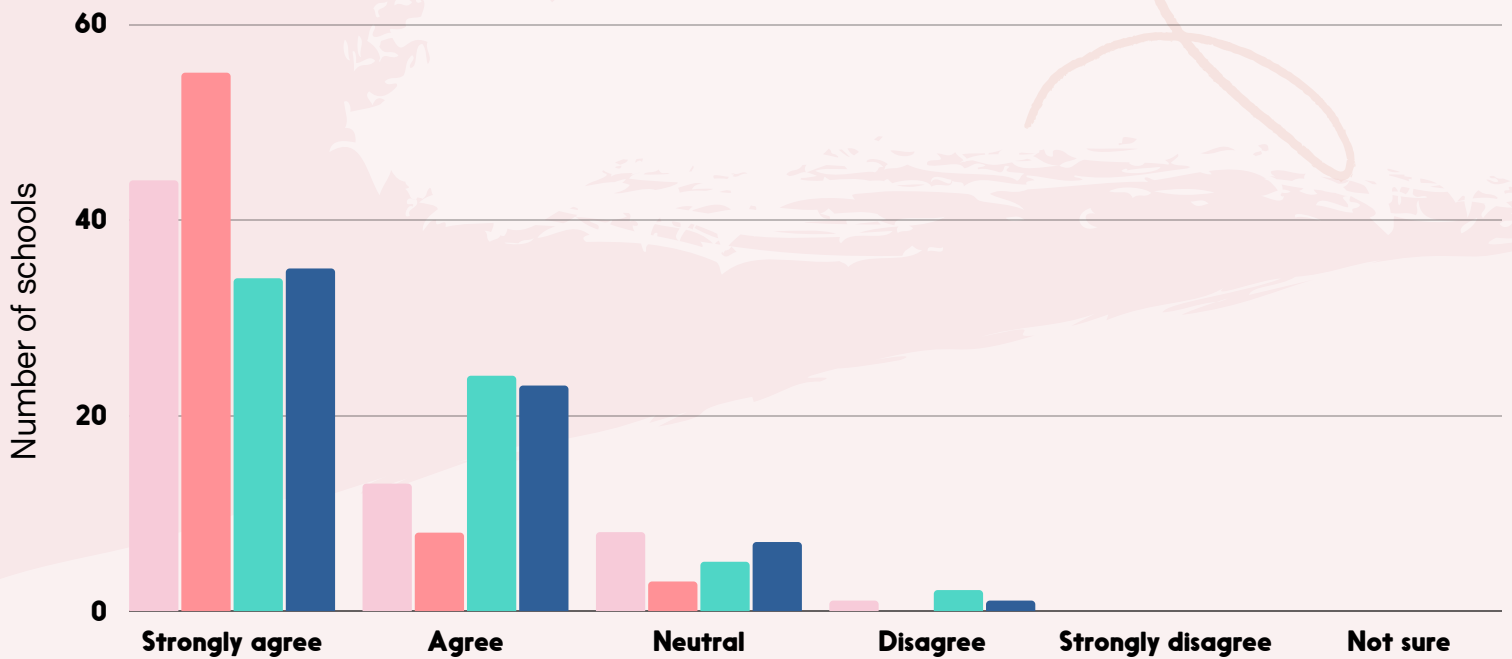
- Principal, Anonymous School, NSW

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*based on a 40 week school year. Staff cost calculated at \$41.72/hr⁹

Benefits and Impacts of Eat Up to schools and communities



- Saves the time of teachers, as they do not have to prepare lunches for hungry students
- Saves money for teachers / schools, as they do not have to purchase ingredients / lunches for hungry students
- It provides an opportunity to 'check-in' with family
- Helps reduce stress for families, knowing their children can be fed



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EAT UP'S SOCIAL IMPACT



With the help of Accenture and responses from school staff, Eat Up's social return on investment (SROI) figure was calculated for the financial year 2020-2021. An SROI figure helps to assess the social and economic impact of Eat Up's services for students, schools and the community. It allows Eat Up to financially quantify the value created for every dollar invested in Eat Up's program.

FOR EVERY DOLLAR INVESTED, EAT UP PRODUCES \$6 OF SOCIAL RETURN.

Note this figure has been updated Nov 2021

In the financial year 2020-2021, an investment of **\$882,563** produced a social return of **\$5.75M**.

The social return on investment calculation was based on the findings below.

On average, schools reported:

137 students accessing lunches per school each year

41% improvement in student health

24% improvement in academic performance

28% improvement in family quality of life

26% improvement in family in emotional wellbeing

2,278 families receiving emergency food

\$1,752 average school financial savings per year (ingredients and staff time)

3.28h average teacher's time saved weekly

We just love having a resource that helps our children to feel cared for. One girl recently said that at her last school she was afraid to ask for food but knowing that teachers weren't paying for it meant she felt more comfortable eating it.

- Principal, Anonymous School, NSW

Eat Up's lunchtime program saves the Australian education system an estimated 81,475hrs in staff time, and \$4.5M/yr in staff and money schools were spending on food before using Eat Up*. These funds can be reallocated to important education resources.

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*based on a 40 week school year. Staff cost calculated at \$41.72/hr⁹



MISSING NEED



Over three quarters of schools reported that as a result of the Eat Up program all students now have lunch who need it.

However **24%** of schools still have some students who miss out on lunch, a rate similar in both NSW and QLD. Schools provided insights about why students still miss out.

- Most schools report **students have difficulty asking for help, and don't tell anyone that they don't have lunch (n=7 schools).**
- Some schools report it can be difficult to keep up with demand and occasionally run out of sandwiches (n=4; 7%).
- One school reported that 'parents are unaware of the program and **keep their children at home if they don't have lunch.**
- Two reported student's didn't like sandwich fillings, and one that lunches weren't suited to children with special needs

They are too proud or embarrassed to ask.

- Lauren Goldie, Teacher, Northlakes High School, NSW

They are ashamed to let someone know they are missing lunch.

- Chaplain, Anonymous School, NSW

HELPING STUDENTS AND FAMILIES THROUGH THE PANDEMIC

Demand for food-relief doubled in 2020. Low-income families with children have been disproportionately affected by the pandemic, with families seeing their incomes squeezed with higher fuel and food costs, and government-benefits being reduced in April 2021 to pre-pandemic levels.

In response to the food crisis being experienced by families and the ongoing sporadic school closures with students learning remotely, Eat Up adapted its model early in the pandemic to deliver its emergency food boxes.

Boxes of fruit and vegetables were purchased and donated pantry items including bread, pasta, sauce, muesli bars, tuna, cereal, soy milk, were sourced from a number of suppliers and included in the boxes.

The boxes were delivered directly to schools who then distributed them amongst families in need within their school community. This helped to ensure students and their families were able to access critical food supplies and provided schools with a means of supporting families within their community as well as an opportunity to connect with these families during difficult circumstances to open communication /opportunities for further support.

To date, 21,328 boxes have been provided to schools to support families through the pandemic in Victoria, New South Wales and Queensland.



Recently, Eat Up moved to a model of providing pantry style food in bulk for schools to distribute. In 2021 Eat Up has so far provided an equivalent of an additional 1,800 boxes of emergency food in pantry form, so schools and families across the country have agency over the food they need.

An estimated 227,030 kg of emergency food has been provided to families since the start of the pandemic.

Of schools that responded to the annual survey, most schools (78%) accessed the food boxes offered. Three of the schools (5%) chose not to receive boxes and 11 schools reported that they would have liked to have received boxes. Of the 11 schools who responded this way, most were in Townsville where Eat Up unfortunately were unable to deliver emergency boxes.

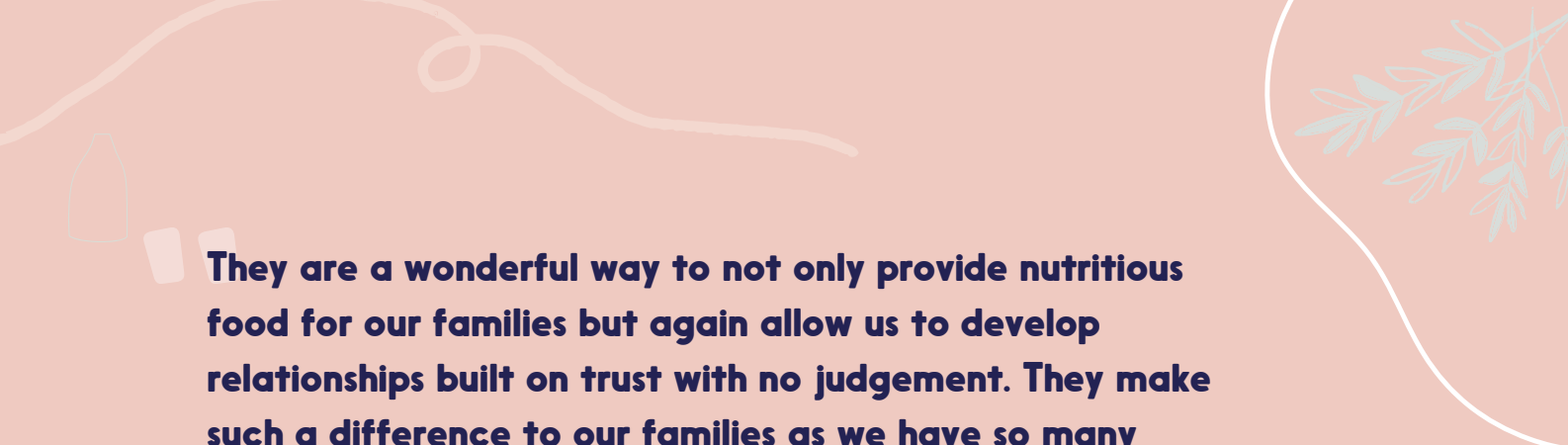
The number of families receiving a food box per school ranged from two to 50 families, with an average of 16 families helped per school.

Schools were asked to estimate how the family's anxiety, stress (related to accessing food) and ability to access affordable food changed from before Eat Up's boxes, to after (rated on a scale of 1 – 10; 1= low, 10 = high). On average, schools reported the following improvements for families;

- **42% decrease** in anxiety
- **57% decrease** in stress related to accessing nutritious food
- **75% increase** in ability to access affordable food




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They are a wonderful way to not only provide nutritious food for our families but again allow us to develop relationships built on trust with no judgement. They make such a difference to our families as we have so many families struggling each and every day

- Administration, Anonymous School, QLD




The food boxes are a great way to connect with families who are struggling to provide a nightly meal. It gives us an idea of the extent of poverty in the family home to gauge services we can connect the family with

- Kaliope Loueize, Assistant Principal Ashcroft Public School, NSW



Our families really appreciated the fresh produce given in each box. Some of our families we support are part of low income, big families. This helped with their aid.

- Chaplain, Anonymous School, QLD



In the food box drop off to families, they were so excited and happy. We received a number of thank you messages from the community. Kids started to ask when the cheese sandwiches were coming too! Great feeling all 'round the community because of Eat Up!

- Ena Lakisoe, Deputy Principal, Mount Pritchard East Public School, NSW

PEOPLE POWER

4,512 volunteers around Australia have helped prepare student's sandwiches in the past year

Eat Up operates using a simple model which keeps costs low and allows thousands of volunteers to lend a hand.

In metropolitan areas, Eat Up facilitates sandwich making sessions with volunteer schools, community groups and workplaces. Sandwich making sessions are fast and fun, with volunteers making thousands of sandwiches in under an hour. Eat Up staff then deliver sandwiches and snacks to schools. Sessions help build relationships in teams and communities, while sharing important information about food insecurity.

In regional areas, Eat Up utilises community hubs for supplying lunches. Eat Up supplies the funds or ingredients, and the equipment required and local champions take care of the rest! Some regional areas are supported by the work of existing volunteer organisations like Rotary Clubs and Women's Associations, and in others, volunteer schools are responsible for the production and delivery of sandwiches to other local schools in need.

It was an uplifting and wholesome experience for our team at Hallmark and we are so glad to have been a small part of the HUGE movement that Eat Up stands for.

- Rebekah Bautista, Hallmark

..As soon as we advertise an Eat Up session in one of our offices (now in Melbourne, Sydney, Perth and Brisbane), hands instantly go up to take part! Our people love getting together for an "hour of power" to make sandwiches, which directly support children at school. This simple act makes a powerful difference....

- Sarah Byrnes, Social Impact Manager, Ashurst

4,512+ hours of volunteer time was given by supporters in the past year

\$188,000+ saved in staff costs thanks to the help of volunteers

111,000 additional lunches can be provided each year because of these savings

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NO UNAUTHORIZED ACCESS
ALL VISITORS MUST REPORT TO SITE OFFICE
HI-VIS VEST MUST BE WORN IN THIS AREA
SAFETY FOOTWEAR MUST BE WORN IN THIS AREA

Our club thought that getting on board with Eat Up was a great way to address a relatively unknown issue in our community while bringing people together around a common cause.

Our Eat Up sandwich-making workshops have such a fun and purposeful vibe, because we all know that what we're doing today will make a difference to hungry children tomorrow.

We regularly hear back from our schools that our work is very much appreciated by the staff and children, especially during lockdown

- Jennifer Chiu, Otways Rotaract Club





DONATIONS OF INGREDIENTS

Eat Up has been the beneficiary of ongoing generosity from Goodman Fielder, the makers of Wonder White, which donates the bread that is used in the metropolitan areas we support. When school lunches were not an option during Covid-19 school closures, Wonder White bread was added to the Emergency Food Boxes along with fresh fruit and vegetables and essential pantry items donated by BonFood, Cadbury, Carman's, Dr Bronner's, Good Food Partners, Goodman Fielder, Jetstar, Sanitarium, Scalzo Foods and The Fruit Box.

154,567 loaves of Wonder White bread have been donated for student's sandwiches by Goodman Fielder in the past 5 years.

28,233 of those loaves were given to families during the pandemic as part of emergency food boxes/pantries.

Bread donations alone have saved Eat Up over **\$500,000** allowing Eat Up to serve more schools and students.

Over **80,000kg** of the emergency food provided to families has been generously donated by food companies.



2021 HUNGER COUNT

The final piece of Eat Up's Evaluation was the Hunger Count. School staff recorded real time data about the students accessing Eat Up lunches each day, over a two week period. Staff recorded student gender, school year level, and the time of day that the Eat Up sandwich was provided. The data staff recorded also informed how often students needed lunches. 51 schools participated in the Hunger Count. See Page 8 for demographic information.

Important Trends



A higher number of Primary School students used the program*



On average, students need one lunch per week.



Students most frequently use sandwiches either once during the fortnight, or every day of the fortnight.



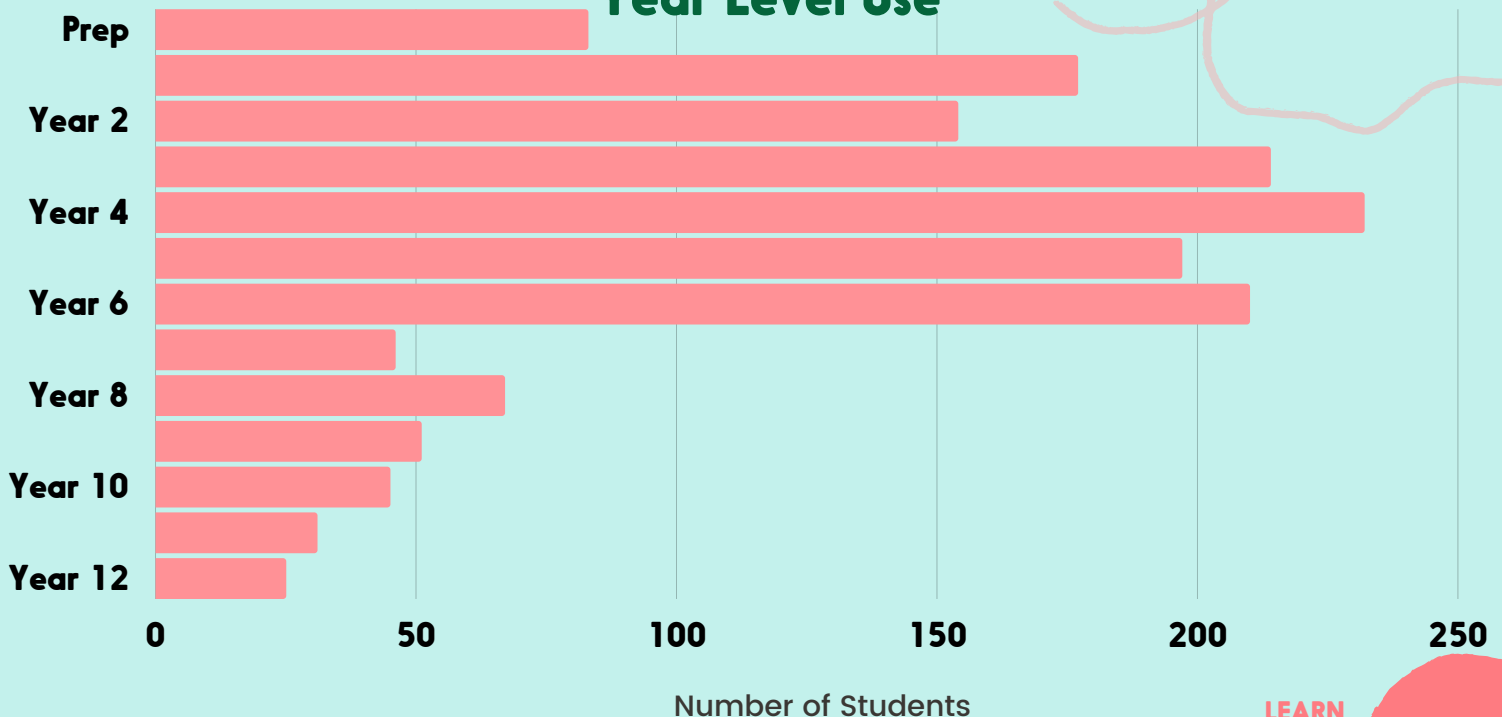
One NSW school of 150 students reported 97 (65%) of the students rely on an Eat Up sandwiches every single day.



NSW uses more of Eat Up's sandwiches for student's breakfasts (58%), than QLD (9%). This is despite Foodbank implementing a 'Brekky Club' across the state.



Year Level Use

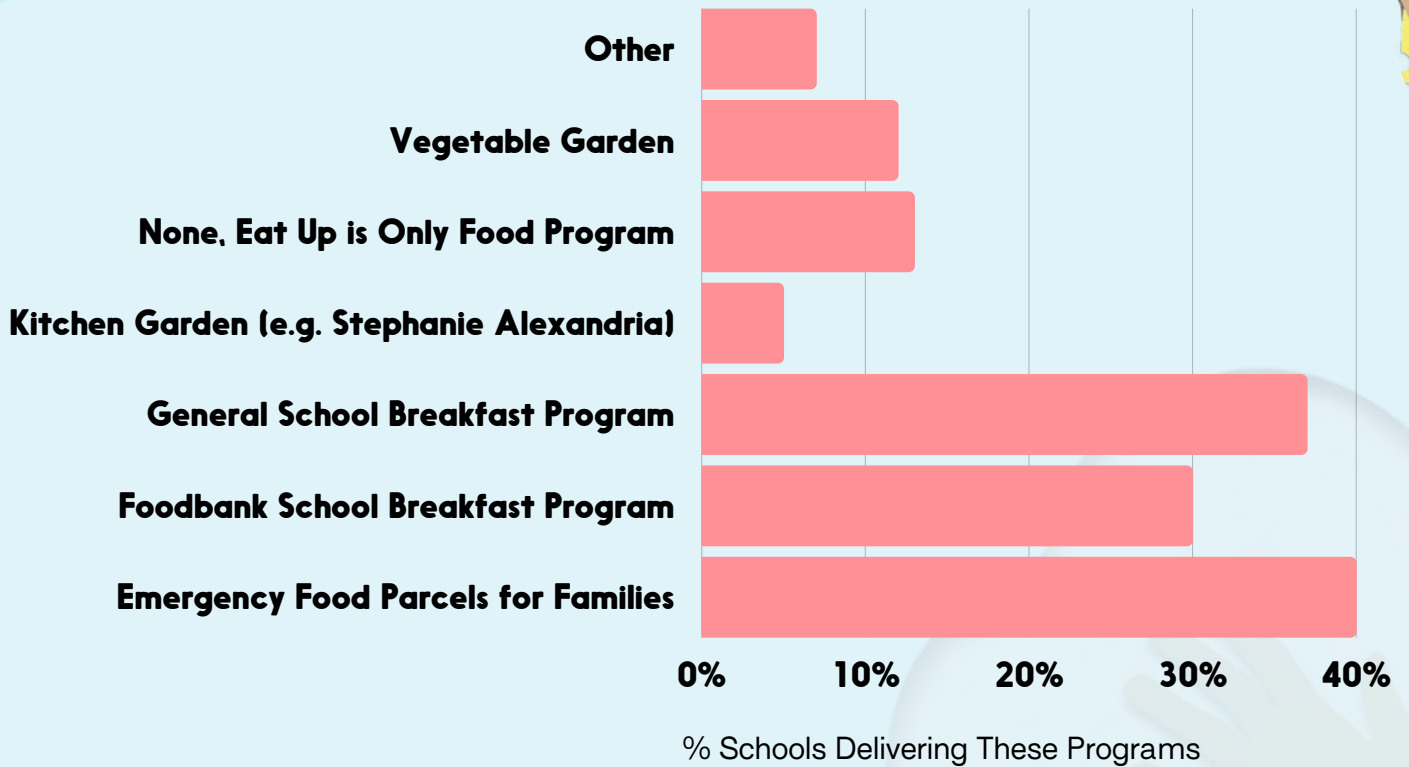


*This is likely indicative of more primary (76%) than secondary schools (24%) enrolled in Eat Up's lunchtime program, and also participating in the Hunger Count evaluation research (Primary 92%; Secondary 8%).

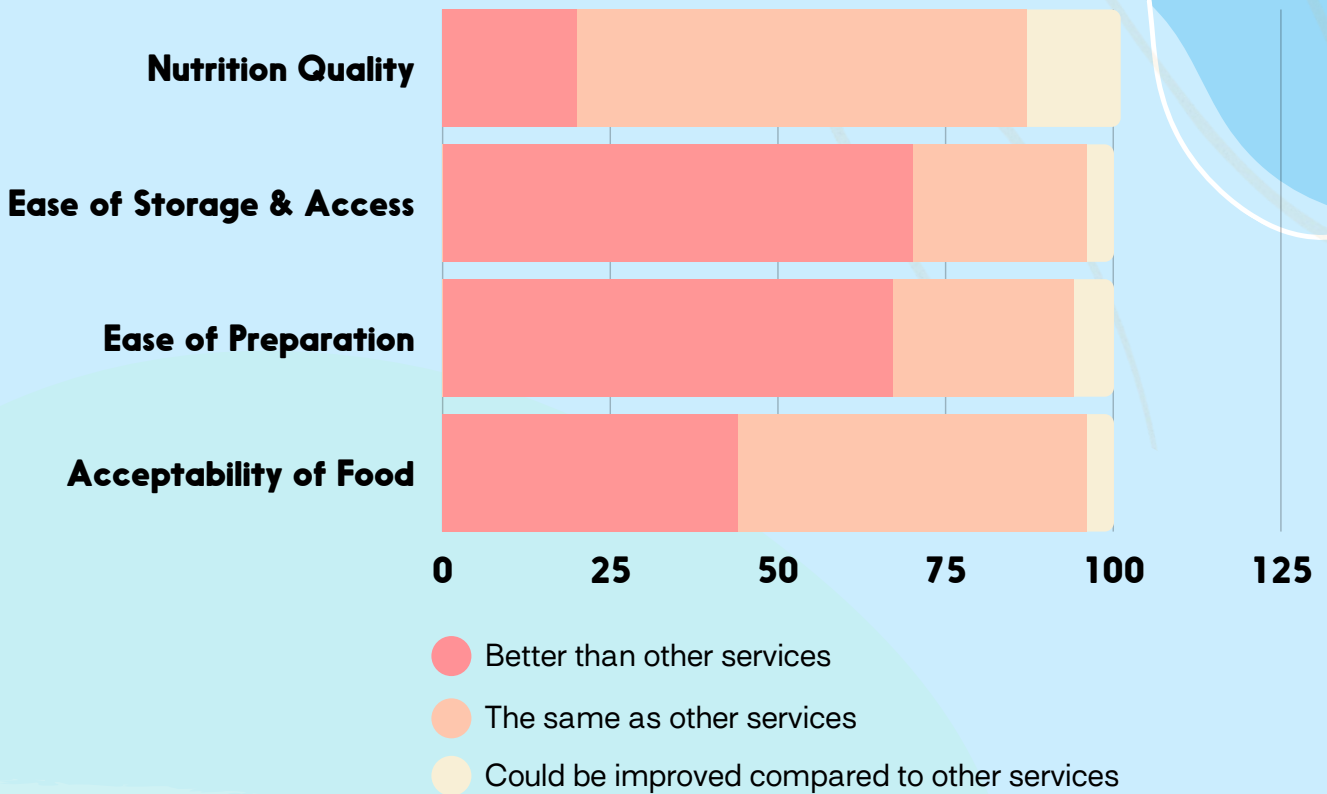
SERVICE LEVEL USE

Various other food programs were being run simultaneously in the schools surveyed.

Other Programs Being Delivered at Schools



HOW EAT UP COMPARES TO OTHER FOOD PROGRAMS



Eat Up either outperformed or was on par with other food relief programs in terms of ease of preparation, storage and access, nutritional quality and acceptability of the food to students by most of the schools.

When compared to other food programs, Eat Up was well rated by schools in terms of:

Ease of storage
70% of staff rated Eat Up better than other programs

Preparation
67% of staff rated Eat Up better than other programs

Acceptability to students
44% of staff rated Eat Up better than other programs

RECOMMENDATIONS

Based on findings and feedback obtained throughout the evaluation process a number of recommendations can be made for Eat Up to improve upon its programs and impact.

MISSING NEED

Of those surveyed, 24%

of schools report that some students are still going hungry at lunchtime. Most commonly this is due to children and families being unaware of the program, having difficulty asking for help, or because schools are overwhelmed with mouths to feed.

Eat Up is committed to ensuring no students go hungry. In the coming year it is recommended that Eat Up trial interventions targeting the students who continue to miss out. Early suggestions from schools include promoting the program within the school via posters, and externally to families via social media posts. Some schools have also reported success using a system where students can discreetly pick up a slip within the classroom to pass to a staff member to avoid any potential embarrassment for students.

MEETING THE DEMAND

A small number of schools reported running out of lunches during busy periods, or difficulty finding time. A recommendation for addressing these issues is for Eat Up to further improve communication with schools to identify those struggling to meet demand. Securing additional resources and funding for Eat Up may be required in order to meet the needs of schools.

INCREASED VARIETY OF SANDWICH FILLING

Some schools reported that students did not like the cheese filling, with a recommendation given for providing sandwiches with alternative fillings. Eat Up may consider reintroducing vegemite sandwiches as part of its offering. While jam was suggested as an alternative filling by one school, Eat Up strives to provide nutritional offerings (as outlined in Eat Up's nutrition policy). One school commented that there was a lack of appropriate food for students living with special needs. Eat Up could address this by surveying schools to identify those children in need of alternative lunches and sourcing these separately.



FOOD BOXES

Continued emergency

food: 96% of schools would like emergency food provision to continue in future. The findings suggest students and families would benefit from this initiative continuing beyond the period of the pandemic. Consideration may also be given to whether emergency food can be rolled out to all schools, including those in rural and remote areas.

Distribution of boxes: Two schools commented that there were some logistical issues with distributing food boxes to families, noting that perishable items placed added time pressure on schools. A recommendation may be to change the ratio of fresh to non-perishable food to ensure boxes last longer for schools and families. The pantry style model currently being trialed, may also be preferred by schools as families can come and choose food, rather than schools distributing boxes.

Help over the holidays: One school commented that it would be beneficial for the boxes to contain more food to last the holiday period which has been identified as a difficult time for parents.

COMMUNICATION

Two schools indicated they would like better communication and two schools commented that having a more definitive time of delivery would be helpful.

It is recommended that Eat Up continue to explore methods for improving communication with schools or source funding for the construction and implementation of an ordering system to streamline communication for schools

EVALUATION

Based on feedback and responses and schools, some survey items will be further refined for future evaluations and some items will be removed for schools who participate on an ongoing basis if the longitudinal data is not necessary.

Given the enduring impacts of Covid-19, it is recommended that future school surveys include items to gain insights about the impact of Covid-19 and subsequent lockdowns on food security in schools.

NSW schools used Eat Up's sandwiches more frequently for student's breakfasts **(58%)** than for lunches **(39%)**, despite Foodbank's Brekky Club running in schools across the state. Future evaluations should explore why Eat Up's sandwiches are needed or preferred for students' breakfasts.





SUMMARY

It's more than a sandwich for **1 in 3** Australian kids.

The findings of the evaluation clearly demonstrated the critical need for Eat Up's lunchtime food programs in Australian schools. Thanks to the generosity of participating school staff, Eat Up has a better understanding of the program's reach, impact and acceptability. Their insights will help Eat Up to continue to grow and help students to succeed.

School lunches were reported to have a substantial impact on student nutrition, health, wellbeing, concentration, class participation, academic performance and attendance. The program also benefited the school's resources, saving schools an average of **\$7,226/yr** in ingredients and staff time. Eat Up's program is estimated to be saving the Australian education system **\$4.5M** in staff hours and lunch ingredients that were being purchased prior to accessing Eat Up. These essential funds can be redirected to education resources.

The emergency food boxes that have been distributed throughout the pandemic are reported to improve families' access to fresh and healthy food, as well as their quality of life during exceptionally difficult times.

Eat Up's lunch program is helping to fill many more tummies than anticipated, with schools reporting **1 in 3 students** use the service. Eat Up's lunch program is estimated to feed over **85,000 students Australia-wide.**

Results showed that for every \$1 invested, Eat Up's program produces **\$6 of social benefit** for students, schools and the community. The high rate of return demonstrates the efficiency of the organisation and the substantial impact the program has on vulnerable students and those around them.

Eat Up's program was reported to outperform other long-established food programs based on ease of preparation and storage of lunches, and student's acceptability of sandwiches. A small number of staff encouraged Eat Up to increase nutrition and variability in it's lunches. Eat Up aims to address this by providing fresh fruit Australia-wide once funding is secured. Eat Up is also committed to helping schools to engage with students and families who still experience barriers in asking for help, to ensure no student goes hungry at school.



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THANK YOU

TO OUR EVALUATION PARTNERS

ACCENTURE

Accenture designed the measurement tool and analysis platform used to measure Eat Up's Social Return on Investment. Accenture also completed the design element of this report. All services by Accenture have been generously provided on a pro-bono basis.

THE INSTITUTE FOR PHYSICAL ACTIVITAL AND NUTRITION (IPAN)

Eat Up collaborated with IPAN in 2019 to design the evaluation methods and tools (made possible through an IPAN stakeholder grant). Eat Up engaged IPAN to perform independent data analysis and reporting of results for the 2020-2021 Evaluation presented in this report. The results of the evaluation for the annual survey and hunger count were provided to Eat Up in the report:

Bastian, A. Laws, R. Margerison, C. Lindberg, R. Cirone, K. Larkin, L. 2020-2021 Eat Up Australia Evaluation Report NSW & QLD. IPAN Deakin University: Melbourne. 13 Sept 2021.

Eat Up wishes to express their gratitude to IPAN and Accenture for their ongoing support in learning more about food insecurity in Australian schools and ensuring Eat Up is a data-led organisation.

PARTICIPATING SCHOOLS

Thank you to school staff for taking the time and care to complete the evaluation survey and hunger count. The evaluation occurred during what was, and continues to be, an exceptionally difficult time for schools as they navigate the pandemic. Thank you to each of you for giving precious time to help Eat Up to continue to improve and build evidence for feeding students in need.

TO OUR SUPPORTERS

Eat Up is currently funded by generous donations from the public, corporate partners and foundations. Currently, Eat Up does not receive any financial support from State or National Governments to continue its critical program for students.

MAJOR PARTNER

Deliveroo

NATIONAL PARTNER

Accenture, Ashurt, Swisse, Xero

STATE PARTNER

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CAMPAIGN PARTNERS

Nook, Officeworks, T-House

Thank you to the Sunshine Foundation for their ongoing support of Eat Up, in particular for supporting Eat Up's 2021 Evaluation and to AET for their commitment to support Eat Up's evaluation over the following 2 years. Thank you also to the following foundations for their significant support of Eat Up's programs over the past year: Australian Horizons; doTERRA Healing Hands Foundation; Moose Happy Kids Foundation and Perpetual.

Thank you to Eat Up's in-kind supporters, notably Accenture and Goodman Fielder for their significant contribution to Eat Up and the children and families that it feeds.

Thank you to Eat Up's army of volunteers who give of their time to make many thousands of sandwiches each week.

Eat up is a great program. we have a number of students who require assistance in this way, it is great we can offer the sandwiches without question, maintaining student pride.

- Fiona Wylie, Assistant Principal, Spring Farm Public School, NSW

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