



Main question: How suitable is Spoonny's nutrition education program for out-of-school care?

Conclusion:

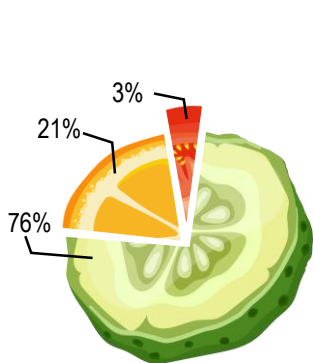
Spoonny's program is a suitable method for nutrition education in out-of-school care.

Method:

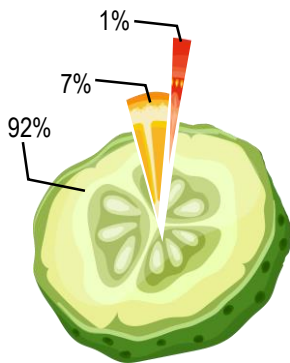
- 585 out-of-school care locations for 4-12 year-olds
- In July 2022, across the Netherlands
- Questionnaires for employees and parents
- Semi-structured interviews with employees

Results employees (n=327):

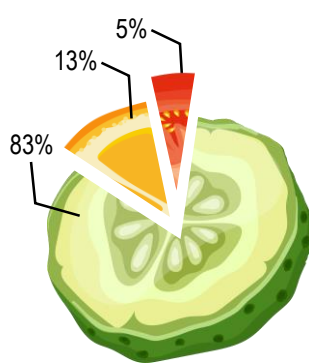
'I believe it is one of the tasks of out-of-school care to pay attention to healthy food'



'The activities were suitable for the children'



'Implementing the activities fitted into my daily routine'



Agree Neutral Disagree

Background:

- ½ million children out-of-school care in NL
- Spoonny's 'Gezonde Smikkelweken': a nutrition education program for summer holidays
- Goal: promoting vegetable consumption

Spoonny's 'Gezonde Smikkelweken'

- 4 cooking, playing and eating activities
- home-workbook
- online platform

Results parents (n=79):

'The out-of-school care is a suitable location for food education'

92%

'I like it that out-of-school care stimulates eating vegetables'

99%

'My child enjoyed the activities in the cook-and-play book'

96%

It's a super nice initiative! The activities are a good way to let children experience new vegetables in a very playful way.
Location manager

99% of the employees is willing to implement the program again.

All I had to do was pick up the package and the children were already getting up to participate
Employee

Partner:



Partner & funded by:

