

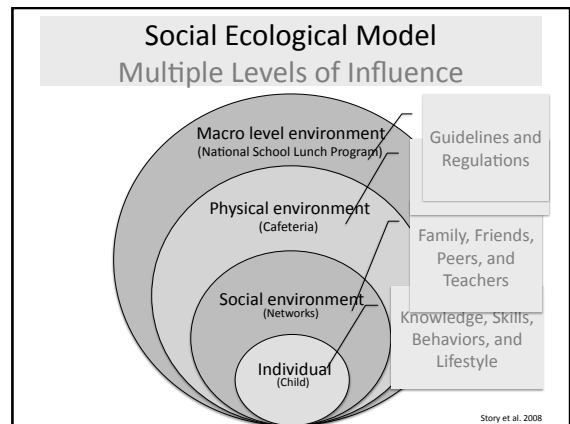
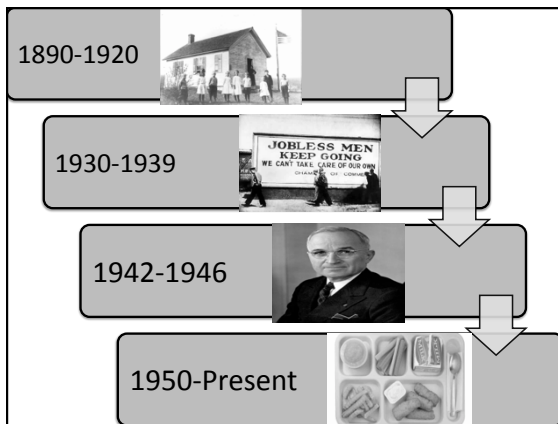
**Family-Style Meals in School Foodservice Settings: A Qualitative Study of Perceptions, Barriers, and Promoters**

Teri L. Burgess-Champoux, PhD, RD, LD  
St. Catherine University

Renee A. Rosen, PhD, RD  
University of Minnesota

**Overview**

- Background
- Study Objectives
- Methods
- Results
- Study Limitations & Next Steps



**Family-Style Meal Service**  
Common Characteristics


- Adult is present during mealtimes.
- Food is placed at the center of the table in common dishes and bowls.
- Participants serve themselves.
- Participants pass and share the food.
- Participants eat meals together.

**Family-Style Meal Service**  
Nursing Home Environment

Increased Independence

Increased Communication

Decreased Risk Malnutrition




(Melin et al. 1981; Atlas et al. 2001)

(Melin et al. 1981; Atlas et al. 2002; Barnes et al. 2012)

(Elmstål 1987; Mathey et al. 2001; Nijjs et al. 2006)

**Family Meals  
Home Environment**

<p><b>Dietary Behaviors</b></p> <p><small>(Gillman 2000; Neumark-Sztainer 2003; Larsen 2007, Burgess-Champoux 2009, Utter 2008, Christian 2013 )</small></p> 	<p><b>Weight Status</b></p> <p><small>(Sen 1997; Taveras 2005; Gillman 2000; Fullerson 2008 )</small></p>
<p><b>Enhanced Language Development</b></p> <p><small>(Snow, Catherine et al. 2006)</small></p>	

**Family-Style Meal Service  
Childcare Environment**

<p><b>Social &amp; Motor Skills</b></p> <p><small>(National Foodservice Institute 2003)</small></p>	<p><b>Healthy Eating Behaviors</b></p> <p><small>(Sigman Grant et al. 2008; Gable et al. 2001)</small></p>
<p><b>Self-Regulation of Food Intake</b></p> <p><small>(Harnack et al. 2012; Brannen et al. 1997)</small></p>	

**Family-Style Meal Service  
School Environment**

<p><b>Dietary Behaviors</b></p> <p><small>(Cain et al. 1986; Donnelly et al. 2000)</small></p>	
<p><b>Decreased Plate Waste</b></p> <p><small>(Cain et al. 1986; Donnelly et al. 2000)</small></p>	

**Overall Study Objectives**

**Phase One**

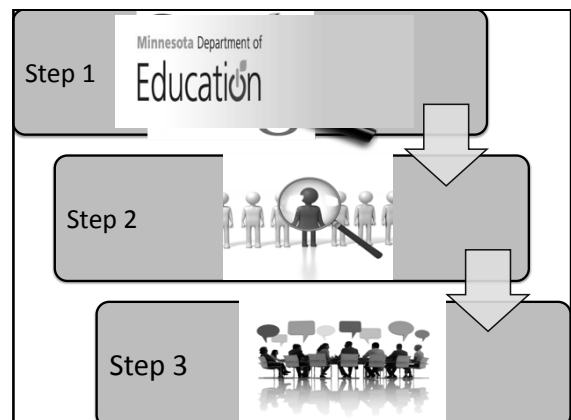
- Qualitative research
  - Focus groups & individual interviews

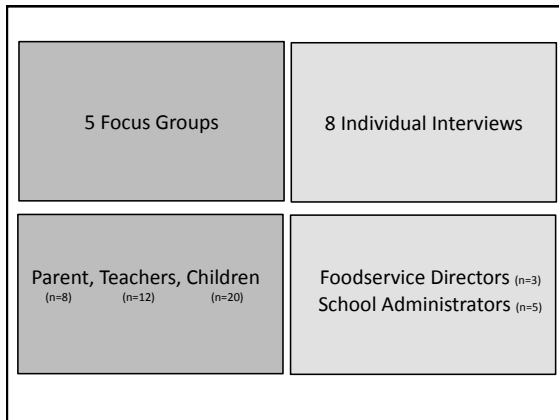
**Phase Two**

- Quantitative research
  - Foodservice Director survey

**Phase One Objective**

- To identify the perceptions, barriers, and promoters of a family-style meal service in a school food service setting.



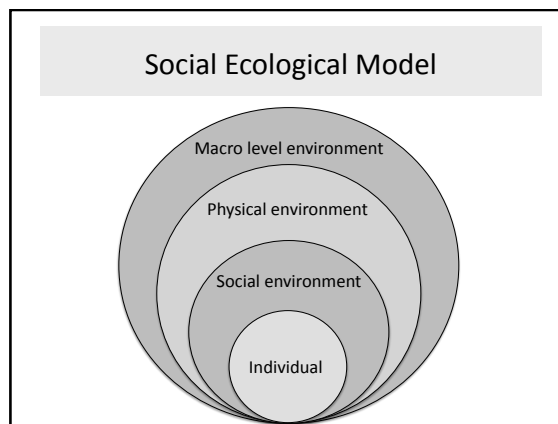
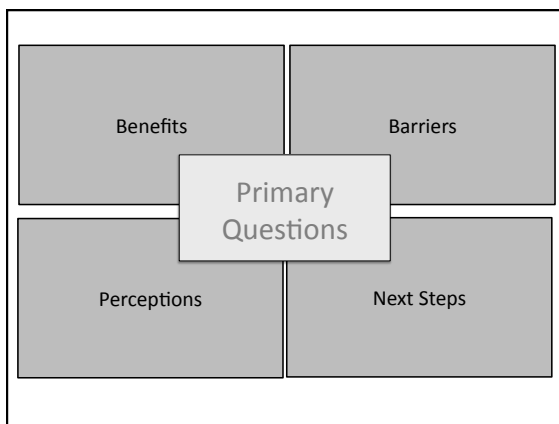


### School Environment

#### Family-Style Meal Service Definition

- Students serve themselves from common dishes of food.
- Assistance is given from supervising adults.
- Supervising adult should initially offer the full planned serving of each food component/food item to each student.
- Supervising adult should encourage additional portions and selections as appropriate.
- Allows students to make choices in selecting foods.
- Must meet all of the daily and weekly food component/food item requirements and dietary specifications.

USDA 2013-2014



### Results--Individual Level

Theme	Example Quotes
Life-skill Development	<p>"My kids, they know how to wash their hands, they know how to use their utensils, they know how to clean the table so it's nice and sanitary." (Parent)</p> <p>"The cafeterias become classroom. Where students learn social behavior with adults and other students." (School Director)</p>
Food Preference Development	<p>"They look at their plate and its not palatable to them.....But you encourage them... they take that risk and they try the food, and... they learn to eat and love. It's great to be able to give them that opportunity to try different foods." (Teacher)</p>

### Results--Social Environmental Level

Theme	Example Quotes
Adult Presence During Mealtime	<p>"You can do a group tasting, Okay, we are all going to try the peas now, one, two, three, and that works, you know." (Teacher)</p> <p>"There's teaching going on about the manners, about health, about life and how we relate to one another." (School Director)</p>
Community Building Within the School Environment	<p>"But to me, it also adds a socialization dimension umm, you got multiple dimensions of people connecting, and mealtime isn't just a time where you shove it down and move on to your next activity." (Parent)</p>
Connections Between the School and Home Environments	<p>"We use 'thank-you bite' and have consistency of terminology between school and home." (Parent)</p> <p>"They teach each other and even go home to teach their parents." (School Director)</p>

### Results--Physical Environmental Level

Theme	Example Quote (s)
Availability and Accessibility of Healthy Foods	"To have a 5-6 year old say broccoli or polenta, you know their not seeing polenta in the corner store....their exposure came from the family-style program." (School Director)
Family Meal Dining Experience	"But I would say for me its like the Norman Rockwell painting of the family dinner...its folks just seated talking, smiling, enjoying each others company." (School Director)
Theme	Example Quote (s)
Relaxed Mealtime Ambience and Environment	"The kids feel respected. They are encouraged to talk to each other. The round tables instead of the long one feel more homey, feel mor inviting, feel less institutional." (School Director)

### Summary

Promoters	Barriers
<ul style="list-style-type: none"> <li>• Life-skill development</li> <li>• Food preference development</li> <li>• Adult presence during mealtimes</li> <li>• Community building</li> <li>• Strengthens connection between home and school</li> <li>• Relaxed mealtime ambience</li> </ul>	<ul style="list-style-type: none"> <li>• Logistics</li> <li>• NSLP guidelines</li> </ul>

### Limitations and Next Steps

Limitations	Future Research
<ul style="list-style-type: none"> <li>• Convenience Sample</li> <li>• Child Focus Groups</li> </ul>	<ul style="list-style-type: none"> <li>• Logistics</li> <li>• Food Safety</li> <li>• Portion Control</li> </ul>

### Thank you Questions

Acknowledgements  
 Breck School  
 Vetri Foundation  
 Foodservice Systems Management Education Council  
 Jamie Coborn, MS, BS