

Healthy Eating Habits: Teachers



Interview Comments/Notes:

- Many interviewees had come to accept they put themselves last.
- Most interviewees expressed that they wanted to eat healthily.
- Many teachers mentioned not having enough time.
- A couple of teachers who eat well mentioned the importance of routine and preparation.
- Some teachers planned and organised their meals for the week on a Sunday when they had time to allocate to the duty.
- One teacher mentioned that buying and preparing in bulk saved money.
- One teacher who frequently purchases from the canteen mentioned needing to save money.

Say	Do
<p>Too busy to cook for myself. Healthy food is expensive. Would like to eat better. Healthy options are often fresh and get wasted if I don't eat them on the day.</p>	<p>Sometimes buy from canteen. Pack lunches that will last if not eaten. Some eat lunch in classroom/at desk. Eat quickly. Buy a range of canteen foods. If eating healthy, not always balanced foods.</p>
Think	Feel
<p>Wish had more time to focus on healthy eating. Wish prepared own food more. Should sit down and have a proper lunch break each day.</p>	<p>Disappointed in myself. Too tired to think about it. Need to be healthier. Doing ok. Convenience is important.</p>
Themes/Trends/Ideas	
<p>Teachers are busy and need solutions that aren't time consuming. Teachers know how to and want to eat healthy but feel powerless. Some teachers eat well. Think they would eat more healthily if prepared their own lunches and meals more frequently. Less hot meals and salads purchased at canteen – is this a convenience issue? Significant number of teachers sit down for less than 20 minutes at lunch. Less than half of staff observed to be eating in staffroom.</p>	