

VU Research Portal

What's for lunch?

Rongen, Frédérique Charlotte

2025

DOI (link to publisher)
[10.5463/thesis.935](https://doi.org/10.5463/thesis.935)

document version
Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Rongen, F. C. (2025). What's for lunch? Developing, implementing and evaluating a healthy school lunch at Dutch primary schools. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam].
<https://doi.org/10.5463/thesis.935>

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:
vuresearchportal.ub@vu.nl

Contents

- Chapter 1 General introduction
- Chapter 2 What's for lunch? The content and quality of lunches consumed by Dutch
Primary schoolchildren and the differences between lunches consumed at home and
at school
- Chapter 3 A qualitative study exploring the perceptions of children, parents and school staff of the
current lunch situation and towards school lunch provision within primary schools in
the Netherlands.
- Chapter 4 Content of lunchboxes of Dutch primary school children and their perceptions of
alternative healthy school lunch concepts
- Chapter 5 A cross-sectional study on parental support and preferences for healthy school lunch
concepts for Dutch primary schools
- Chapter 6 The impact of providing a healthy school lunch at Dutch primary schools: design of a
pretest-posttest effectiveness study
- Chapter 7 Improving the food environment and dietary intake of Dutch primary school students
through the provision of a healthy school lunch. Results of a pretest-posttest
effectiveness study.
- Chapter 8 General discussion
- Summary
- Summary in Dutch (samenvatting)
- Acknowledgements (dankwoord)
- List of publications
- About the author