**Additional file 7: Adherence change for each guideline domain**

Average adherence score for each guideline recommendation/domain at baseline and follow-up in the intervention and comparison groups collected from the principal and after-school leader questionnaires

1. Principal questionnaire results – intervention group

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|  |  | **Baseline** | | **Follow-up** | | **Difference** | |
| **Recommendations** | ***n*** | **Mean** | **s.d.** | **Mean** | **s.d.** | **Mean change** | **s.d.** |
| Meals should be arranged so as to be conducted at 3- to 4-hourly intervals | 31 | 0.89 | 0.21 | 0.87 | 0.26 | −0.02 | 0.25 |
| Physical arrangements should be made for meals that promote enjoyment of meals, socialization, well-being and health | 31 | 0.47 | 0.18 | 0.51 | 0.21 | 0.03 | 0.20 |
| Pupils should be given enough time to eat – at least 20 minutes | 31 | 0.53 | 0.45 | 0.71 | 0.40 | 0.18 | 0.36 |
| Pupils should be supervised by an adult at mealtimes | 31 | 0.98 | 0.09 | 0.98 | 0.09 | 0.00 | 0.00 |
| Cold drinking water should be available at all times as a thirst quencher and to accompany meals | 31 | 0.61 | 0.21 | 0.74 | 0.25 | 0.13 | 0.21 |
| Pupils should be offered schemes that ensure daily access to vegetables, fruit or berries | 31 | 0.52 | 0.51 | 0.61 | 0.50 | 0.10 | 0.27 |
| Pupils should be offered schemes that ensure access to milk to accompany meals: reduced-fat semi-skimmed milk (0.7% fat), semi-skimmed milk (1% fat) and/or skimmed milk (0.1% fat) | 31 | 0.74 | 0.25 | 0.79 | 0.25 | 0.05 | 0.25 |
| Arrangements should be made to ensure hand-washing before meals | 31 | 0.48 | 0.31 | 0.59 | 0.33 | 0.12 | 0.29 |
| The storage, preparation, serving and labeling of food must be carried out in compliance with rules and recommendations issued by the Norwegian Food Safety Authority | 31 | 0.61 | 0.33 | 0.68 | 0.33 | 0.06 | 0.27 |
| Carbonated soft drinks, squash and other beverages containing added sugar or artificial sweeteners and caffeinated beverages should not be offered | 31 | 0.55 | 0.51 | 0.52 | 0.51 | −0.03 | 0.42 |
| Sugary and high-fat baked and other goods should be limited to special occasions | 31 | 0.68 | 0.28 | 0.73 | 0.28 | 0.05 | 0.26 |
| Chocolate, confectionery, potato chips and other snacks should not be offered | 31 | 0.74 | 0.44 | 0.87 | 0.34 | 0.13 | 0.43 |

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| 1. Principal questionnaire results – comparison group  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | **Baseline** | | **Follow-up** | | **Difference** | | | **Recommendations** | ***n*** | **Mean** | **s.d.** | **Mean** | **s.d.** | **Mean change** | **s.d.** | | Meals should be arranged so as to be conducted at 3- to 4-hourly intervals | 28 | 0.75 | 0.35 | 0.77 | 0.32 | 0.02 | 0.25 | | Physical arrangements should be made for meals that promote enjoyment of meals, socialization, well-being and health | 28 | 0.51 | 0.18 | 0.45 | 0.16 | −0.06 | 0.20 | | Pupils should be given enough time to eat – at least 20 minutes | 28 | 0.86 | 0.27 | 0.71 | 0.40 | −0.14 | 0.36 | | Pupils should be supervised by an adult at mealtimes | 28 | 0.98 | 0.09 | 0.98 | 0.09 | 0.00 | 0.00 | | Cold drinking water should be available at all times as a thirst quencher and to accompany meals | 28 | 0.88 | 0.22 | 0.77 | 0.25 | −0.11 | 0.21 | | Pupils should be offered schemes that ensure daily access to vegetables, fruit or berries | 28 | 0.68 | 0.48 | 0.68 | 0.48 | 0.00 | 0.27 | | Pupils should be offered schemes that ensure access to milk to accompany meals: reduced-fat semi-skimmed milk (0.7% fat), semi-skimmed milk (1% fat) and/or skimmed milk (0.1% fat) | 28 | 0.77 | 0.25 | 0.75 | 0.25 | −0.02 | 0.25 | | Arrangements should be made to ensure hand-washing before meals | 28 | 0.44 | 0.28 | 0.49 | 0.29 | 0.06 | 0.29 | | The storage, preparation, serving and labelling of food must be carried out in compliance with rules and recommendations issued by the Norwegian Food Safety Authority | 27 | 0.63 | 0.36 | 0.70 | 0.29 | 0.07 | 0.27 | | Carbonated soft drinks, squash and other beverages containing added sugar or artificial sweeteners and caffeinated beverages should not be offered | 28 | 0.54 | 0.51 | 0.64 | 0.49 | 0.11 | 0.42 | | Sugary and high-fat baked and other goods should be limited to special occasions | 28 | 0.69 | 0.26 | 0.71 | 0.34 | 0.02 | 0.26 | | Chocolate, confectionery, potato chips and other snacks should not be offered | 28 | 0.79 | 0.42 | 0.82 | 0.39 | 0.04 | 0.43 | |
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| 1. After-school leader questionnaire results – intervention group |
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1. After-school leader questionnaire results – comparison group

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|  |  | **Baseline** | | **Follow-up** | | **Difference** | |
| **Recommendations** | ***n*** | **Mean** | **s.d.** | **Mean** | **s.d.** | **Mean**  **change** | **s.d.** |
| Meals should be arranged so as to be conducted at 3- to 4-hourly intervals | 28 | 0.82 | 0.39 | 0.79 | 0.42 | −0.04 | 0.51 |
| Cold drinking water should be available at all times as a thirst quencher and to accompany meals | 28 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 |
| Pupils should be offered schemes that ensure daily access to vegetables, fruit or berries | 28 | 0.32 | 0.37 | 0.30 | 0.34 | −0.02 | 0.35 |
| Pupils should be offered schemes that ensure access to milk to accompany meals: reduced-fat semi-skimmed milk (0.7% fat), semi-skimmed milk (1% fat) and/or skimmed milk (0.1% fat) | 28 | 0.64 | 0.37 | 0.67 | 0.33 | 0.02 | 0.26 |
| The storage, preparation, serving and labelling of food must be carried out in compliance with rules and recommendations issued by the Norwegian Food Safety Authority | 28 | 0.40 | 0.25 | 0.47 | 0.32 | 0.07 | 0.30 |
| The needs of pupils with food allergies or food intolerances should be accommodated | 26 | 0.92 | 0.27 | 0.96 | 0.20 | 0.04 | 0.20 |
| Carbonated soft drinks, squash and other beverages containing added sugar or artificial sweeteners and caffeinated beverages should not be offered | 28 | 0.39 | 0.50 | 0.57 | 0.50 | 0.18 | 0.55 |
| Bread and cereals in school meals should be high in fibre and whole grains and low in fat, sugar and salt | 28 | 0.82 | 0.29 | 0.87 | 0.21 | 0.05 | 0.20 |
| Bread toppings/spreads offered to pupils should be varied and always include fish and vegetables | 24 | 0.67 | 0.21 | 0.61 | 0.26 | −0.06 | 0.16 |
| Any hot meals served should be a variety of fish, meat and vegetarian dishes | 24 | 0.60 | 0.29 | 0.69 | 0.29 | 0.08 | 0.24 |
| Cooking oils and liquid and soft margarine should be used instead of hard margarine and butter | 24 | 0.58 | 0.41 | 0.75 | 0.33 | 0.17 | 0.38 |
| Low-salt/sodium foods should be given priority and the use of salt/sodium as seasoning in food preparation and on meals should be limited | 24 | 1.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 |
| Sugary and high-fat baked and other goods should be limited to special occasions | 28 | 0.59 | 0.41 | 0.68 | 0.41 | 0.09 | 0.31 |
| Chocolate, confectionery, potato chips and other snacks should not be offered | 28 | 0.71 | 0.46 | 0.82 | 0.39 | 0.11 | 0.42 |
| Eco-friendly practices should be aimed for to achieve minimal food waste and meal options in which plant-based foods and fish are focal | 26 | 0.44 | 0.36 | 0.54 | 0.31 | 0.10 | 0.28 |