



# FRUIT & VEGETABLES IN SCHOOLS

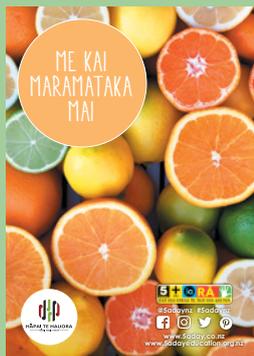
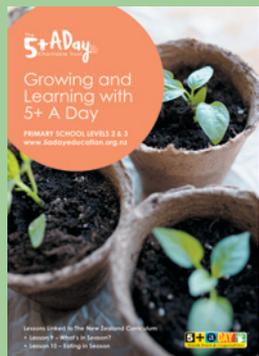
FACT SHEET 2020



United Fresh formed the 5+ A Day Charitable Trust in 2007 for the benefit of all Kiwis, especially children and provides education and inspiration to eat 5+ A Day every day for good health.

The Trust supports FIS with comprehensive curriculum-linked education resources available free of charge.

The education resources include a dedicated education website [www.5adayeducation.org.nz](http://www.5adayeducation.org.nz) and an extensive range of print and digital materials that focus on eating a healthy diet, including plenty of seasonal fruit and vegetables, and growing your own fresh vegetables.



**Fruit & Vegetables in Schools (FIS)** is a government-funded initiative managed by United Fresh New Zealand Incorporated (United Fresh).

It provides daily fresh fruit and vegetables to children in low-decile schools. The initiative was piloted in 25 schools in 2004 and has grown to reach;



**21** regions across New Zealand



**557** schools (around 25% of NZ primary schools)



Over **123,000** children and staff each school day



Over **26,000,000** servings of fresh fruit and vegetables every year



## SUPPLY & DISTRIBUTION

A wide range of high-quality fruit and vegetables are supplied to schools with an emphasis on New Zealand-grown seasonal produce.

Most schools receive two deliveries per week on Mondays and Wednesdays with fruit and vegetables for all students and staff at each school.



## RESEARCH – PRINCIPALS & TEACHERS

In 2018 Quigley and Watts Ltd conducted an independent evaluation of FIS. The purpose of the evaluation was to continue to explore and document the effectiveness and value of the Fruit & Vegetables in Schools initiative.

### Key Findings

#### FIS IMPROVES BOTH HEALTH AND EDUCATION OUTCOMES

One of the key ways it does this is by ensuring all students have access to healthy food. Children who are hungry struggle to concentrate and learn. When asked about the implications of FIS not continuing past the current contracts;

**83%** of principals surveyed said the overall health of their children would decline if FIS ended

**74%** said concentration would suffer

**62%** said academic outcomes would suffer

#### FEEDING HUNGRY CHILDREN REMAINS THE NUMBER ONE BENEFIT OF FIS

**8/10** of principals surveyed reported their school or kura had fewer hungry tamariki as a result of FIS

**9/10** of principals surveyed said FIS led to a sense of equality between students regardless of their family circumstances

#### FIS HAS POSITIVE IMPACTS FOR CHILDREN AT HOME AS WELL AS SCHOOL

**76%** of the parents surveyed said their child ate more fruit because of FIS

**47%** also ate more vegetables

**7/10** parents said Fruit & Vegetables in Schools supports them to provide healthy food at home

## RESEARCH – KIWI PARENTS

In 2019 Nielsen Research conducted independent research to measure support for Fruit & Vegetables in Schools amongst Kiwi parents. The results are compelling and provide evidence of widespread parental support for FIS.

**88%** agree that FIS should continue beyond 2019 (only 3% opposed the initiative)

**83%** agree that FIS should continue to be government-funded beyond 2019

**80%** agree that FIS should be extended to decile 3 schools



## UNITED FRESH NEW ZEALAND INCORPORATED

United Fresh is a non-profit organisation working towards a sustainable fresh fruit and vegetable industry that is united and connected by providing valuable services and representation.

- For more information about United Fresh, FIS and the full research report visit [www.unitedfresh.co.nz](http://www.unitedfresh.co.nz)
- Search United Fresh New Zealand Incorporated and join us on LinkedIn
- For more information on the 5+ A Day Charitable Trust visit [www.5aday.co.nz](http://www.5aday.co.nz) and [www.5adayeducation.org.nz](http://www.5adayeducation.org.nz)
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