



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

5+ A Day supports FIS with comprehensive curriculum-linked education resources available free of charge.



Fruit & Vegetables in Schools



FACT SHEET 2023

Fruit & Vegetables in Schools is funded by Te Whatu Ora and managed by United Fresh.

It provides daily fresh fruit and vegetables to children in schools/kura in low socio-economic areas across Aotearoa. The initiative was piloted in 25 schools in 2004 and has grown to reach;



21 regions across New Zealand



566 schools (around 25% of NZ primary schools)



Over **120,000** tamariki and staff each school day



Over **27 million** 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.

Teachers and educators visit www.5adayeducation.org.nz

Check out www.5aday.co.nz | Join us on our socials @5adaynz



What the Schools are Saying

"We can report that the fruit deliveries have been very beneficial for the school community. We are a school that has within the area of the school zone a number of different emergency housing and lodges as well as low to middle income families who have children attending Favona school. Having fruit for our children has ensured that they all can have something healthy to eat every day. Every child, including our most vulnerable, look forward to eating the fruit they receive that gives them sustenance, energy to concentrate and engage in their learning."

Favona School, Counties Manukau, May 2022

"Thank you for reaching out to us. We are very grateful for the Fruit in Schools programme. This coupled with the Ka Ora Ka Ako programme provides a consistently nutritious menu for our students each day. We enjoy the positive impacts of the programme on learning and behaviour and student well-being is hugely supported by your investment into our school. Our systems have improved so that we minimise wastage and any leftover food is well utilised by our school whānau."

Kaikohe Christian School, Northland, May 2022

"The FIS is going very well at Windley. The fruit is delivered early twice a week and distributed to all our classrooms. We have enough fruit to cover each child, the variety is great and the fruit arrives to us fresh. It is seasonal and in good condition. The students' behaviour improves due to them having access to fruit and heading out to the playing ground with a healthy and full belly."

Windley School, Wellington, August 2022

"We are hugely grateful for the Fruit in Schools. Our school has been hit hard by COVID and it is a huge relief to be able to provide fruit to our students, which we know is an excellent source of essential vitamins and helps build their immune system. We love being able to promote fruit as a healthy snack. This year in particular we have seen a real variety of the fruit on offer which has been a welcome addition. The amount that we receive lasts us the whole week and also allows us to make it accessible to the students before school too. Having a variety of fruit to chop up and eat has helped teaching fractions this term - a practical component. As we are a free lunch school, most children no longer bring morning tea and instead eat the fruit at this time. This has minimised the amount of junk food that they eat. Healthy, happy, well-fed children will always have a positive effect on our students' learning and attitude in the classroom."

Victory Primary School, Nelson, June 2022

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.



Visit www.unitedfresh.co.nz and follow us on **LinkedIn** and **@unitedfreshnz** on **Twitter**.

