



The 5+ A Day Charitable Trust Est. 2007

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 2024

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 **125,000** 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

"Fruit in Schools continues to support our school and students, for which we are grateful. Our students benefit from having healthy food choices presented to them each day while at school."

Koru School, Counties Manukau

"Bairds Mainfreight Primary School is incredibly thankful for the fruit that is provided for the tamariki. The fruit is of a great standard and provides great nutrition for our students. For some, it substitutes breakfast. There are many great aspects to receiving the fruit. The tamariki get to try new fruit and veges from time to time, it helps us to ensure that every child in our kura has enough to eat, it provides fabulous health benefits and helps us to teach about healthy eating. Whilst we do not have data that says that the fruit has accelerated learning, we know that because of the fruit, every child has the opportunity to learn with a full puku. This is a win win! Thank you for the work behind the scenes and thank you for helping us to support the overall health of our tamariki. "

Bairds Mainfreight School, Counties Manukau

"Kia ora, Stand Tū Māia is very grateful for the support from you guys. This support ensures our tamariki have a consistent supply of fresh fruit throughout the day, every day. E mihi ana ki a koe me tō roopu."

Stand Tū Māia, Gisborne

"Fruit in Schools is brilliant, the kids have it first thing in the morning and then the school lunches so it's good to have everything across the board for everyone."

Timaru South School , South Canterbury

"Children absolutely do love the fruit and we really appreciate the emails informing us of when fruit needs cutting, it really helps. We have our fruit at morning tea and after school etc. The fruit and the lunches work really well together, we are very happy."

St Patrick's School (Invercargill), Southland

"Everything is working really, really well for us, the kids would otherwise not have fruit and they are trying different varieties that they wouldn't have access to if it wasn't it for FIS."

Blaketown School, West Coast



Research – Kiwi Parents

In 2023 we commissioned Quigley and Watts to carry out a research project with Fruit and Vegetables in Schools (FIS) principals;

External Evaluation of Fruit & Vegetables in Schools

92% of principals said FIS supported their school/kura greatly to promote a healthy food environment

93% of principals said FIS is a great support for feeding hungry tamariki with healthy food

95% rated the quality of the fresh fruit and vegetables as good or great

97% of principals rated the management of FIS as good or great

Our in-house Sustainability Survey with schools showed;

80% of schools/kura have systems in place to deal with cores and peels including composting, farm animals and worm farms

98% of schools advised they had no wasted fresh fruit and vegetables

63% of schools have planted vegetable gardens

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.



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