

Fruit in Schools - Nutrition-Friendly Schools Initiative (NFSI)/Health promoting schools - School age children (SAC)

Programme: Fruit in Schools

Programme Data

Programme Description

Fruit in Schools is a unique, innovative initiative targeted at a limited number of primary schools in areas of high deprivation in New Zealand. Up to three clusters of school communities from each region are involved in the first two phases of Fruit in Schools, which began in Term 4 of 2005.

Fruit in Schools Aims

To enhance student learning through promoting the wellbeing of the school community with particular focus on:

- healthy eating
- physical activity
- being sun smart
- being smokefree.

Fruit in Schools Objectives

- Children in participating school communities eating more fruit.
- More school communities promoting health through a whole school approach.
- Increasing awareness and implementation of policies and practices that encourage healthy eating, physical activity, smokefree and sun protection in school community environments.

Program type

National

References

This programme action is included in the "International Network for Food and Obesity / non-communicable Diseases Research, Monitoring and Action Support"(INFORMAS) *"Benchmarking Food Environments: Experts' Assessments of Policy Gaps and Priorities for the New Zealand Government"* within the Food Prices policy domain as an example of an initiative in New Zealand aimed at food-related income support programs for healthy foods.

The full report can be accessed from: <https://www.fmhs.auckland.ac.nz/en/soph/global-health/projects/informas/government-healthy-food-environment-policy-index.html>

Full list of publications by INFORMAS can be accessed from <https://www.fmhs.auckland.ac.nz/en/soph/global-health/projects/informas/publications.html>

For further information regarding the Fruit in Schools scheme please refer to this document "Fruit in Schools: A How to Guide" which can be accessed here

<http://www.health.govt.nz/publication/fruit-schools-how-guide-and-looseleaf-kit>

Implementing organisations

- National NGO(s)
 - Details:
more
New Zealand Cancer Society
- Research / Academia
 - Details:
more

- Other

- Details:
more
School Principals' Federation, New Zealand
School Trustees' Association, Health Promoting
Schools, School Support Services

- Government

- Health
- Details:
more
District Health Boards

Action data

Start date	2005
Country(ies):	New Zealand
Status:	On-going
Area:	Urban Rural Peri-urban
Place:	New Zealand
Topic:	Nutrition-Friendly Schools Initiative (NFSI)/Health promoting schools
Target group:	School age children (SAC)
Delivery:	Kindergarten/school
Target population size :	-
Coverage level (%):	In 2012, around 480 decile one and two schools participated, seeing around 96,806 children receiving one piece of fruit per day. At July 2013, there were about 521 decile 1-2 schools in NZ.
Outcome indicator(s):	<ul style="list-style-type: none"> • Number of children in participating school communities eating more fruit. • Number of school communities promoting health through a whole school approach.
Outcome reported by social determinants:	Vulnerable groups Socio-economic status

Typical problems Solutions