

NEW PUPILS?

Please ensure the parents or carers of any new pupils let you know of any allergies or intolerances pupils may have. A sample letter can be found on the inside back page of your 'Information for Schools' booklet. Ask your Area Co-ordinator for additional parents' leaflets or download them from the website www.5aday.nhs.uk/sfvs. If the parents of pupils at your school speak a language other than English, the '5 A DAY' leaflets have been translated into 17 other languages: Albanian, Arabic,

Bengali, Chinese, Croatian, French, Gujarati, Hindi, Polish, Punjabi, Somali, Spanish, Turkish, Greek, Urdu, Vietnamese and shortly will be available in Portuguese. These can be downloaded from the

www.5aday.nhs.uk

website or you can contact your Area Co-ordinator for copies.



Changes in pupil numbers for the summer term?

Let your Area Co-ordinator know as soon as possible to ensure you receive the correct amount next term. Please note that your distributor orders fruit and vegetables at least two weeks in advance so any changes may take this long to filter through to school. Please also notify your Area Co-ordinator of your school closure dates and feel free to contact them if you have any queries or concerns about the delivery, quality and quantity of fruit and vegetables provided.



Don't forget ...

A fruit delivery is always for the next day's eating. When taking delivery check and sign the delivery note to verify the quantity supplied. Please keep your delivery notes somewhere safe for auditing purposes.

Store fruit and vegetables in a cool dry place away from direct sunlight and chemicals and ideally off the ground. Although very little is necessary in the way of preparation, prepare the fruit and vegetables according to the guidance provided in your Operational File.



Choosing *health*

Making healthy choices easier - the Government's White Paper on public health, was published on 16 November 2004. The document sets out a new approach for delivering sustained improvement in the health of the public. The White Paper covers a range of public health topics from alcohol to tobacco control to sexual health and has a lot to offer on obesity and diet and nutrition.

The paper recognises some key facts, for example,

- An estimated 1 in 3 deaths from cancers and 1 in 3 deaths from coronary heart disease are attributable to poor diet;
- Most adults and children do not meet dietary recommendations
- Consuming at least 5 portions of fruit and vegetables a day can reduce the risk of heart disease, stroke and cancer by up to 20%
- Inequalities exist – children and adults in lower social classes eat around half the fruit and vegetables as people from professional groups.

The white paper sets out a number of proposals to improve diet and nutrition including a continuation of aspects of the **5 A DAY** programme and actions directly related to food in schools.

With regard to the SFVS, there is a commitment to completing the roll out of the scheme (now complete) and to investigate the potential to extend the scheme to cover all LEA maintained nurseries.

There will be investment over the next 3 years to improve nutrition in school meals by revising standards and introducing nutrient based standards that will be taken into account in Ofsted inspections. New guidance on food procurement, improved training for catering staff and, subject to legislation, new standards to cover food across the school day including vending machines and tuckshops.

There is also a commitment to assisting schools with implementing a whole school approach to healthy eating and drinking with a comprehensive package of information that will be fully integrated into the Healthy Schools Programme and which supports the Healthy Living Blueprint.

The Government's Food and Health Action Plan will be published soon and will set out in more detail how these commitments will be delivered.



School Fruit and Vegetable Scheme

Spring Term 2005

Norfolk and Suffolk Newsletter

GRAB 5!

Ruth Gainsford writes: As the Grab 5! Project Worker for 5-A-Day Norfolk I have been working with 25 schools in the east of Norfolk during the last 18 months, helping them to set up sustainable initiatives which would encourage their children to eat more fruit and vegetables.

Growing vegetables in school gardens has helped children to learn about where their food comes from, as well as having fun outdoors at the same time. Some pupils have even been able to taste the vegetables they have grown! Many schools have been able to plant fruit trees provided free of charge by Norfolk County Council.



Fleggburgh C of E VC Primary

Fruit Tuck Shops have been an extremely popular way of getting pupils to eat fruit and vegetables at break time. Some schools involve parent volunteers but most have the pupils themselves playing a big part in the day-to-day running of the tuck shops. Some have kept to a simple choice of local apples or dried fruit for example, whereas others have opted to offer a whole range of different fruits and vegetables.



Worstead VC Primary School

Playground Markets selling fruit and vegetables to families as they collect their children from school are a great way to encourage the whole school community to eat more.



Tuckwood First School have also been running a very successful fruit and vegetable co-operative, providing families with good quality produce at wholesale prices.

Tuckwood First School

Fruit Smoothies have been a fun way of getting children to try a fruity drink, with many schools using some of their GRAB 5! funding to purchase a blender, so that



pupils can make their own smoothies in class or sell them at the fruit tuckshop. Grab 5! Assemblies have given school councils the opportunity to help spread the 5 A DAY message, and a chance to dress up in fruit costumes!

Lingwood Junior School

For further information please contact Fiona Wilson, SFVS Area Co-ordinator C/O East Anglia Food Link, The Street, Long Stratton, Norfolk, NR15 2XQ. Tel 01508 536666 or 07769 676495 Email fiona@eafl.org.uk



www.5ADAY.nhs.uk

School Fruit and Vegetable Scheme 2005-6

Thank you

for such an excellent response to the SFVS following its launch in October and November 2004.

As you can see from the table opposite, over 200,000 pupils in the East of England are receiving a portion of the fruit or veg supplied – every school day.

LEA	No. of eligible schools	No. of participating schools	Take up %	No. of participating children
Hertfordshire	388	378	97.4	45968
Bedfordshire	158	153	96.8	16159
Cambridgeshire	192	189	98.4	20459
Luton	40	39	97.5	8800
Norfolk	321	312	97.2	28765
Peterborough	55	54	98.2	6680
Suffolk	258	253	98.1	25522
Essex	421	407	96.7	47259
Southend-on-Sea	35	31	88.6	6044
Thurrock	39	39	100.0	6690
REGION TOTAL	1907	1855	96.9	212346

In the summer term of this school year we will contact each school directly and ask you to re-register your school for the following school year 2005-06. This will entail a registration form – similar to the original one you completed – asking you to confirm that you would like to continue receiving the fruit and veg for the following academic year and return to us. You will also be asked to notify us of your accurate pupil numbers for next year along with any other changes (such as staff changes) to enable us to keep our records up to date and ensure appropriate provision for your school. Keep an eye out for this in the Summer Term!

Melanie Johnson’s visit to Green Lane School

Formal launch of the SFVS Curriculum materials

Green Lane School in Hatfield Garden Village played centre stage in December when they hosted a visit by Melanie Johnson, Local MP and Parliamentary Under Secretary of State for Public Health to formally launch the SFVS Curriculum Materials. The MP was keen to lend her support to the scheme and the excellent work being carried out by the school on healthy eating and exercise as part of the National Healthy Schools Standard. As part of the visit she read ‘Grub’ the big storybook to Key stage 1 pupils, helped to distribute the break time fruit and joined pupils and staff in taking part in a tasting session with a wide variety of exotic fruit and vegetables. The School Council were delighted to be able to show Mrs Johnson the work they had been recently doing on healthy eating and exercise.

Headteacher Dennis Pedley agreed that the day was a great success and that the curriculum materials are a valuable resource. He added,



“Many of the children now associate eating fruit with a healthy lifestyle. They like to eat fruit because it makes them healthier. We are finding some positive social aspects arising from the activity as the children stand in groups eating and talking together at breaktime and the whole initiative slots nicely into our healthy school ethos. The children’s enthusiasm and interest in eating a variety of fruit continues to be maintained and the initiative has been relatively simple to administer.”

All schools should have received their curriculum and support materials and we hope they are proving to be a useful resource. The aim of these materials is to help schools see the SFVS as one part of a whole programme of activities promoting health in schools, under the framework of the Healthy Schools programme and the Healthy Living Blueprint. It is designed to integrate into other healthy eating initiatives in school such as curriculum work, extra curricular activities and communication with parents, carers and staff.

Focus on the distributors for SFVS



In this edition we are focusing on FW Gedney, a well-established company based at Bicker, near Boston in Lincolnshire. They are the SFVS distributors for Lincolnshire, parts of the East of England and the North West. The company began in the mid 1920’s and forty years and three generations later it still remains a family business. Over the past twenty years the company has supplied major retail,

catering and wholesale outlets throughout the UK and Europe. To find out more about the company and to try the school fruit game log onto www.fwgedney.co.uk

The FW Gedney team offers a wealth of knowledge and expertise throughout the supply chain and FW Gedney is accredited to British Retail Consortium Higher Level Standard.

So what is Gedney’s role in getting for instance apples from the farm to your school?

On the farm the apples are picked over a two-week period by variety. The fruit is then pre-cooled and put into cold store. It is then washed, dried, graded and packed into bags where it is then checked again for quality. The bags are then packed into boxes and loaded onto vehicles and sent to the supplier depot based in Spalding, Lincolnshire. The fruit is then checked again for quality and ‘positively released’ to be delivered to FW Gedney.

Once Gedneys receive the fruit a fully trained technical team dedicated to ensure customer satisfaction checks it. The fruit once checked for quality, quantity and temperature as well as sugar levels is then picked and loaded onto temperature-controlled vans and distributed to your school.

FW Gedney welcomes the feedback you provide to ensure quality. Contact Kim Stevens SFVS Co-ordinator, FW Gedney 01775 820099

PLOUGH TO PLATE

Over the last few months we have received a number of enquiries from schools concerning the sourcing of the fruit and vegetables entering the SFVS and the checks that are carried out with regards to pesticides.

All the fruit and vegetables are procured for the scheme through the NHS Purchasing and Supply Agency (PASA) who ensure the quality and safety of the produce – these being paramount in terms of delivering the scheme.

Tenders are invited from producers to supply the scheduled products, however, in order to meet EU and World Trade organisation rules, requests for tender cannot be limited to UK or local producers. There are a number of UK producers supplying into the scheme, but there are also some EU and South American companies.

PASA have very strict purchasing standards in terms of quality and safety and in reality not many small local producers can actually meet the requisite standards. Relaxing the Quality Standards to enable them to tender is not acceptable. All producers have to be members of the Farm Assured Scheme (or equivalent standard). However the government, through DEFRA and DOH, are working with smaller UK producers, including organic farmers, to encourage them to aspire to and attain these higher standards so that in future they will be in a position to tender. It should be recognised that there are considerable volume and the capacity issues for smaller local producers in meeting the required demand.

Although the products are GM free and non irradiated there will inevitably be trace levels of pesticides in the products but the Maximum Residue Levels (MRL’s) must meet UK standards and are closely monitored in accordance with the UK Pesticide Directorates requirements. Producers are required to monitor and report to the DOH on their own products and in addition are regularly sampled and monitored by the PASA to ensure products meet the UK Pesticide Directorates requirements. Results of samples for the scheme are placed on the UK Pesticides Directorate website. The standards met are in effect higher or at least the same as those adopted by the major UK supermarkets.

If you would like further information then please contact your area co-ordinator.

