

SFVS Operational Updates

Re-registration forms

By now you should have received your SFVS re-registration form to complete and return to us before the 27th June. We need to know your pupil numbers for the Autumn term and inset days for 2005. If you need a new form please contact your Area Co-ordinator.

Letter and Information for Parents leaflet

Schools should write to all parents/carers of new and existing children who receive free fruit and vegetables daily as part of the Scheme, inviting them to opt out if they wish (see sample letter in the operational file) and asking them to let the school know of any allergies to fruit and vegetables the children may have. The Information for Parents leaflet can be sent with the letter. The leaflet is available in 16 languages and these can be downloaded from www.5ADAY.nhs.uk or contact your Area Co-ordinator for copies.

Delivery notes

Please remember to file one copy of your delivery notes for 18 months for audit purposes.

Inset days and term dates

The Area Co-ordinator requires at least 14 days notice to cancel/amend the fruit order, otherwise the Department of Health have to pay for it. Forms are available in the operational file for this purpose. **Please note that unless informed otherwise we assume that on inset days you are able to accept a delivery of fruit or vegetables.**

Fruit quality

All the fruit and vegetables supplied to you should be class 1 quality. If, however, you receive produce of an unsatisfactory standard, please report this to the Area Co-ordinator and distributor, and be prepared to return the fruit if requested, along with the reference markings on the packaging, with the next delivery van. As far as possible fruit will be replaced on the next delivery. A complaints form should be completed and sent to the distributor and your Area Co-ordinator.

Recipe time - Midsummer Fruit Smoothies

Smoothies are a healthy refreshing drink packed full of goodness and are easy to make. At this time of year our summer berries are plentiful so here is a recipe that is extra easy to make – you can vary the quantities of fruit depending on your preference. Whiz together: kiwi, strawberries, pineapple, mango and banana and you can dilute with a fruit juice of your choice if necessary. Pour into glasses, sit back and enjoy!



Do you have views for us?

If you have any news or views you would like to share with other readers of the newsletter please forward them to your Area Co-ordinator

Resources Resources Resources Resources

Eat Smart, Play Smart is a Food Standards Agency teaching resource, developed for teachers to use with children aged 5 - 7. They have been designed to engage children's interest in healthy food choices and in keeping active – giving them important guidance to promote healthier lifestyles. It contains lesson plans and how the work fits in with the curriculum. It is available on the Agency's website www.food.gov.uk

Healthy Food – Healthy World is an education resource pack for key stages 1 and 2 available free online at www.eafl.org.uk/healthyfood. There are also a limited number of hard copies available – contact 01508 536666. It introduces pupils to a wide range of food topics and issues, from production, distribution and marketing to cooking, nutrition and eating. The pack contains materials for a variety of cross-curricular pupil activities, teachers' notes and curriculum links.

Growing Schools is a DfES programme that encourages schools to use the outdoor environment as an educational resource for pupils of all ages and abilities, across the National Curriculum. Go to www.teachernet.gov.uk/growingschools for further information.

Where does food come from? is the latest BNF PowerPoint to be placed on-line to support the interactive whiteboard revolution. They have divided the presentations as appropriate for primary and secondary areas. Go to www.nutrition.org.uk/teachercentre for further details.

The Get Active-Get Cooking Challenge is for pupils to develop and make some tasty, appetising and "knock out" dishes to celebrate health in 2005. Lots of prizes also! For more information go to www.nutrition.org.uk

School Fruit and Vegetable Scheme

Summer Term 2005

Norfolk and Suffolk Newsletter

A 'whole school' approach to healthier eating...

Piper's Vale Community Primary School opened in September 2002. We have now achieved accreditation in all nine key themes of the National Healthy Schools Programme. The first key theme to be addressed was Healthy Eating. This was a priority for our school, given our catchment area and needs of our school community. Pupils are encouraged to begin the school day by attending our Breakfast Club and enjoying a healthy breakfast served by members of the school staff. During the week of Key Stage 2 SATs all pupils are served, free of charge, a healthy breakfast before they undertake the tests. This helps them to relax and then concentrate and focus better on their work.



provided with a healthy snack mid-morning and all other pupils are encouraged to bring fresh or dried fruit to school to eat during playtime. At lunchtimes we promote healthy, well-balanced and attractive meals.

Units of work for Healthy Eating have been written by the PSHE subject leader for years 2 and 6 and are tailored to meet the needs of our pupils. Our after school Healthy Eating Cooking Club encourages pupils in year 2 with their parents and carers to cook healthy food on a budget. This is a very popular activity and there is always a long waiting list.

We recognise that we still have much to achieve but have made a start to increase parents' and carers' understanding about the importance of healthy eating and particularly the value of fruit and vegetables. This term we are planning (on a small scale) to grow a variety of vegetables to further raise pupils' awareness about healthy eating. The latest good news is that our Governing body has agreed to fund the provision of fruit and vegetables to Key Stage 2 pupils.

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Sue Lines, Headteacher

Suffolk School Farm Fair

On the 27th April 3,000 Key Stage 2 pupils attended the Suffolk Farm Fair to learn about farming and farm life in Suffolk, local industries and food producers – from beekeepers to gun dog trials. The 5 A DAY stand proved exceptionally popular with pupils, teachers and stewards alike. The team distributed 2,000 items of fruit, 5 A DAY literature and carrier bags, information on healthy packed lunches, preparation of vegetables at home, the 5 A DAY ON AIR! competition and curriculum resources. Pupils took part in a competition telling the team about their favourite vegetable, completed worksheets – and enjoyed the fruit! The day was enhanced by the positive attitude of the young people to the 5 A DAY message.



From left to right - Jackie Tosic, Caroline Seaman and Fiona Wilson

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



foodinschools (FiS) toolkit

The Food in Schools Programme is a joint venture between the Department of Health (DH) and the Department for Education and Skills (DfES) to help make healthier food choices an integral part of the whole school day. This initiative was prompted by concerns over the current and future health and well being of school children.

One of the most important considerations for implementing healthy eating and drinking initiatives in schools is to make it as easy as possible. Therefore, over the last two years the DH ran eight pilots in over 300 primary, middle, secondary and special schools to determine key features of establishing successful and sustainable healthy eating initiatives in schools. The pilots comprised of:



- Healthier Breakfast Clubs
- Tuck Shops
- Vending Machines
- Lunchboxes
- Cookery Clubs
- Water Provision
- Growing Clubs
- Dining Room Environment

Evaluation and feedback from pilot schools demonstrated the need for guidance and other materials to support schools. In response this toolkit was developed with help from the findings of all the pilot schools

The aim of this Toolkit is to provide inspiration, advice, and materials to support teachers, health professionals, pupils, caterers and others to promote and implement healthier eating and drinking in schools. Whether you are just starting out or have already achieved Healthy Schools status, this material will act as a spring-board, inspiring you to try different approaches.

When the toolkits are completed, the lead for the Healthy Schools Programme in each area will disseminate the hard copies to schools – all schools will be given a copy. However, if you feel like investigating what it's all about now, please look up the website www.foodinschools.org for a wide range of information to inspire.



Curriculum materials

Are you making full use of your SFVS Curriculum Materials that were delivered to your school in November and December 2004?

The teachers' booklets contain teaching activities with key objectives, health and safety information, useful questions, vocabulary and further ideas, making clear links with the other resources (activity cards, finger puppets and CD). They also have a table showing how the activities fit into the Foundation Stage assessment and the Key Stage 1 National Curriculum links. They are easy to use and have bright, attractive illustrations that grab the children's attention and imagination and are an excellent tool when planning and delivering healthy eating lessons. Louise Shuttleworth, a colleague who works in Herts, has drawn on her teaching background to produce many examples of how



the resources can fit into literacy links and curriculum. For a copy of this information please contact your Area Co-ordinator.

Company Profile

by Richard Hoyte, MWW

Minor Weir and Willis are the Hertfordshire distributor of the SFVS. They are an established supplier and distributor of fresh produce founded in 1963 and purchased by the Mehta family, the current shareholders, in 1974. Today they are a European produce company, with offices in Spain, Holland and Germany servicing the major UK and European supermarket chains, the UK Government via the School Fruit and Vegetable Scheme and HM Prison Service.

Across the group, MWW are involved in a wide range of product areas and source more than 90 products, both high and low volume, from more than 40 countries. In addition they have established UK growers for fruit, vegetables and salads.

A division of MWW delivers the fruit and vegetables to schools from 3 national distribution depots in



Birmingham, Chesham Buckinghamshire and Marden, Kent delivering to over 4000 schools daily. They deliver to schools in Hertfordshire from their Chesham depot. Richard Hoyte their depot manager is keen to provide you with the best service possible and welcomes feedback on 08712 881763 from all schools.

Why Eat Fruit and Vegetables?



Research shows that good eating habits in childhood has the potential to reduce risk factors and lower the risk of cancer and heart disease in later life. By encouraging children to eat more fruit and vegetables now we have a chance of improving their diets, and therefore their health, for a lifetime.

Children are eating on average, just two portions a day.

- Only 4% (one in 25) of four to six year olds eat the recommended five or more portions of fruit and vegetables a day.
- One in five children do not eat any fruit in a week.
- Three in five children eat no leafy green vegetables in a week.
- Half of all children do not drink any fruit juice in a week.

Children in the lowest income groups eat the least of all. They are about 50% less likely to eat fruit and vegetables than those in the highest income group.

Increasing the amount of fruit and vegetables eaten every day can reduce the risk of many chronic diseases by as much as 20%. It is thought that diet contributes to the development of one-third of all cancers, and that increasing fruit and vegetable consumption is the second most important cancer prevention strategy, after reducing smoking.

The reason we should be eating a variety of fruit and vegetables, is because of the array of compounds they contain. These include vitamins, minerals, folic acid, potassium, iron and complex plant components. Some of the vitamins and phytochemicals are also antioxidants, which destroy free radicals in the body. They have a role in causing cancer as well as other harmful effects. It appears that the protective effect of fruit and vegetables is due to the range of compounds present working together rather than any single compound on its own.

So remember the **5 A DAY** logo – Just eat more! (fruit & veg)

