

School Fruit and Vegetable Scheme

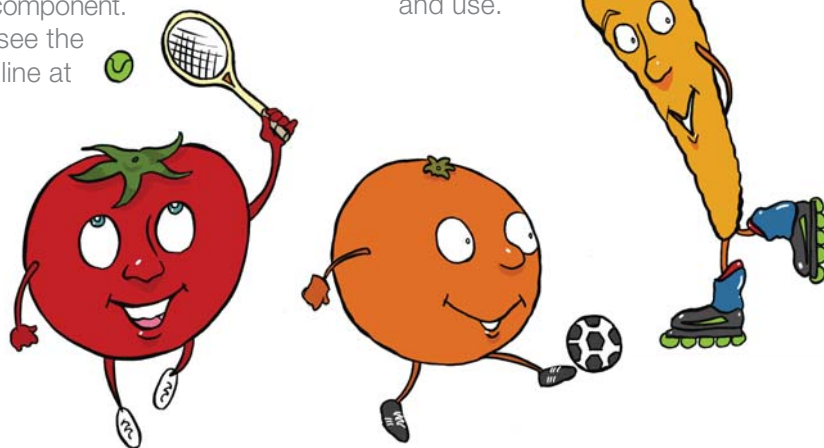
Norfolk and Suffolk
Newsletter

Spring Term 2006

Food In Schools

Since its launch last summer, the Healthy Schools teams in Norfolk and Suffolk have been running a series of training sessions on the Food in Schools toolkit. This new resource takes a 'whole-school' approach to food and drink across the school day. It has been produced to support those who are focusing on healthier eating and working to achieve the new Healthy Schools Status which identifies 'Healthy Eating' as a key component.

You can see the toolkit online at



www.foodinschools.org or order a hard copy that includes an offline version of the website on CD-ROM.

The information below is an example of a presentation ('A guide to healthier lunchboxes for your child') from the website that you can download and use.

A Guide to Healthier Lunchboxes

As a rough guide, a child's portion of fruit and vegetables is the quantity of fruit or vegetable that comfortably fits in their hand.

For example, some favourites include:

- a satsuma
- small banana or an apple
- a small box of raisins
- a handful of cherry tomatoes
- a slice of melon
- a mini can of fruit chunks
- chunks, slices or sticks of cucumber
- sticks of carrot or red and yellow peppers (as these are sweeter than green peppers).



Editorial

Welcome to the Spring '06 School Fruit and Vegetable Scheme newsletter. This is a shorter newsletter with an additional poster which can be used to tell interested parents, staff and governors that their children are taking part in the SFVS. Included in this edition is information on the tomatoes that we will be receiving in March and details of a new competition for pupils to get involved in – and win a fantastic growing kit to use at school!

During September and October, pupils in Reception and KS1 took part in the trial of cucumbers – which were very well received. The whole mini cucumbers are a welcome addition to the produce calendar and one that hopefully will encourage pupils to eat more salad vegetables.

Almost all eligible schools are now taking part in the scheme – that means over 50,000 Reception and KS1 pupils in Norfolk and Suffolk are receiving an extra piece of fruit or vegetable each school day. That is a good step towards the target of eating at least five portions of a variety of fruit and vegetables every day.

Reminders

- ✓ Please keep your delivery notes for 18 months in the event that they are needed for an audit.
- ✓ Fruit is ordered a fortnight in advance so please provide us with at least 14 days notice of any inset dates and changes to pupil numbers.
- ✓ Don't forget there are lots of 5 A DAY materials for adults that you can use – including a 16 page information booklet, postcard and colourful posters. Why not order some to give away at your next parents' evening? They are free of charge and can be delivered straight to you. Order them from the 5 A DAY website or contact Fiona or Carole on 01508 536666



Tomatoes on the Vine

Tomatoes are on the calendar as of March 10th and will replace Easy Peel on Fridays until the end of term. They will be packed in 10s with each child receiving one tomato. We hope they enjoy them and we would love to have your feedback. Information sheets on storage and washing have already been sent to your school Co-ordinator.



Are You Online?

Try these websites:

A new website for primary school teachers and children – including resources to support curriculum work.

www.foodafactoflife.org.uk

Healthy Schools

www.wiredforhealth.gov.uk

5 A DAY and the School Fruit and Vegetable Scheme

www.5aday.nhs.uk/sfvs

Food Standards Agency

www.eatwell.gov.uk

Food in Schools

www.foodinschools.org

Everyday Sport

www.everydaysport.com

Competition

Calling all artists! How would you like the chance of winning a fantastic prize for your school as part of the School Fruit and Vegetable Scheme first regional competition?

Fruit and vegetables come in many shapes and sizes as well as in a wonderful range of colours, in fact as many colours as there are in a rainbow.

We would like to invite your Foundation and Key Stage 1 children to design an A3 size poster featuring a rainbow made up from pictures of fruits and vegetables. However only one entry per school can be submitted.

The prize for the winning school in each area is a vegetable growing kit. The overall winning design will be professionally printed and distributed to all schools and health agencies in the East of England Region to promote the importance of eating fruit and vegetables.

Please ensure that your school's name and address is stated on the entry and send to:- SFVS Competition. C/o East Anglia Food Link, The Street, Long Stratton, Norfolk, NR15 2XQ.

The closing date for entries is 10th March 2006. The winners will be announced at the end of March 2006.

Good luck- happy drawing, cutting and colouring

For further information please contact:

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