



ST. ALBAN'S
CATHOLIC PRIMARY SCHOOL
LEAD THE WAY

School Fruit and Vegetable Scheme

What's it all about?

The School Fruit and Vegetable Scheme (SFVS) is a government programme that entitles every child aged 4-6 in fully state-funded schools to a piece of fruit or vegetable each school day, this equates to approximately 2.3m children in approximately 16,600 schools across England. The scheme was introduced after the NHS Plan, launched in 2000, included a commitment to implement a national fruit and vegetable scheme by 2004. The School Fruit and Vegetable Scheme is funded by central Government.

Eating 5 a day

Eating 5 a day The School Fruit & Vegetable Scheme is part of the national 5 A DAY programme. Fruit and vegetables are key to a healthier lifestyle for all of us and experts recommend that everyone eats at least five portions of a variety of fruit and vegetables in a day. Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases – such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

SFVS and the school day

The fruit and vegetables are delivered to school three times a week to ensure freshness. Depending on the season, there is a choice of:

- bananas
- apples
- pears
- carrots
- tomatoes
- easy-peel citrus fruits, such as satsumas

When they are in season strawberries are also offered.