



## 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.





Just Eat More  
(fruit & veg)

## 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.

Each infant child will receive one of the following pieces of fruit or vegetables every day:

- Apples
- Pears
- Soft Citrus
- Bananas
- Carrots
- Cocktail Tomatoes
- Sugar Snap Peas
- Strawberry
- Raisins/Sultanas
- Mini Cucumbers
- Sweet Bite Peppers