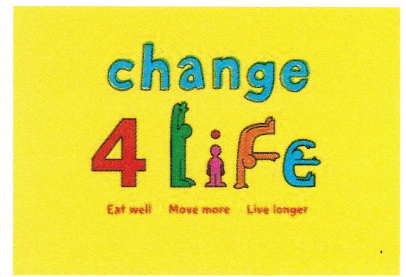




School Fruit and Vegetable Scheme



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

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 National Helpdesk

•  03306 780 926

✉ sfvs@supplychain.nhs.uk



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat less often and in small amounts



Eat at least 5 portions of a variety of fruit and vegetables every day



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland