



Parent Information Sheet

The National School Fruit And Vegetable Scheme

The School Fruit and Vegetable Scheme (SFVS) helps your child achieve 5 A Day. Fruit and vegetables are a good source of the nutrients that children need and form part of a healthy balanced diet. It's recommended that children and adults eat at least 5 portions of fruit and vegetables every day. Research shows that on average children in England only eat about 3 portions, with many eating fewer.



About the Scheme

- If your child is aged 4 to 6 and attends a fully state-funded infant, primary or special school in England, they're entitled to receive a free piece of fruit or vegetable each school day. At Fernhurst Primary School ALL children from Nursery – Year 2 are entitled to a free piece of fruit or vegetable every day.
- This provides 1 of their 5 A Day portions.
- The scheme also helps to increase awareness of the importance of eating fruit and vegetables, encouraging healthy eating habits that can be carried into later life.
- It also allows them to incorporate the scheme into teaching and learning.
- The fruit and vegetables are delivered to schools 3 times a week to ensure freshness.
- Depending on the season, there's a choice of bananas, apples, pears, carrots, tomatoes, easy-peel citrus fruits such as satsumas and raisins for the first day of every half term. Strawberries, mange tout and baby cucumbers are sometimes offered when they're in season.
- At Fernhurst Primary School, children in Reception can choose when they eat their fruit or vegetable as we recognize that children have different needs, and it is important to learn to recognise when and if they are hungry.
- Children are also offered milk until the term in which they are five. Water is always freely available
- Any allergies or intolerances are accommodated on an individual basis

More Information about keeping your child healthy can be found on the following websites:

<https://www.nhs.uk/live-well/>

<https://www.nhs.uk/live-well/eat-well/5-a-day-and-your-family/>

<https://www.nhs.uk/live-well/eat-well/>

<https://www.nhs.uk/change4life>