



United Fresh formed the 5+ A Day Charitable Trust in 2007 for the benefit of all Kiwis, especially tamariki. The Trust provides education and inspiration to eat 5+ A Day every day for good health.

5+ A Day supports FIS with comprehensive curriculum-linked education resources available free of charge.

Teachers and educators visit www.5adayeducation.org.nz

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FRUIT & VEGETABLES IN SCHOOLS



FACT SHEET 2022

Fruit & Vegetables in Schools (FIS) is a government-funded initiative managed by United Fresh.

It provides daily fresh fruit and vegetables to children in low-decile schools. The initiative was piloted in 25 schools in 2004 and has grown to reach;



21 regions across New Zealand



563 schools (around 25% of NZ primary schools)



Over **123,000** tamariki and staff each school day



Over **27 million** servings of fresh fruit and vegetables every year



SUPPLY & DISTRIBUTION

A wide range of high-quality fruit and vegetables are supplied to schools with an emphasis on New Zealand-grown seasonal produce.

Most schools receive two deliveries per week on Mondays and Wednesdays with fruit and vegetables for all students and staff at each school.



WHAT THE SCHOOLS ARE SAYING

"Our Kura, tamariki, whānau and staff appreciate and respect the opportunities that this service provides for our tamariki at Ngaruawahia Primary School. It facilitates improved attitudes for taking personal responsibility for health and well-being. It also has a positive and long-term effect on student health, performances in school learning & behaviour."

Ngaruawahia Primary School, Waikato

"At Merivale School our tamariki look forward to their daily fruit break where they get to enjoy a nutritional and healthy snack to fuel their learning. The variety of seasonal fruit is enjoyed and appreciated."

Merivale School, Bay of Plenty

"Fruit in Schools has made a big impact on our children's education as well as staying healthy. They are engaged with their learning about the healthy nutrients that fruit and food have. Thank you so much for the fruit."

TKKM o Manurewa, Counties Manukau

"Tiaho Primary School relies heavily on our Fruit in Schools programme. There is never any wastage, as the kids devour the amazing koha every day. Thank you so much for your ongoing support of Tiaho primary school."

Tiaho Primary School, Gisborne

"Our school thoroughly enjoys getting fruit every day for morning tea. It's great to have such a wide variety of fruit to keep our kids going throughout the day. It also gives our fruit monitors a sense of responsibility, as they are responsible for distributing fruit to classes each morning. We cannot thank you enough."

Flaxmere Primary, Hawkes Bay

"As part of our annual community survey the results showed that if we were not part of the Fruit in Schools programme our students would not have fruit in their diet. Very telling. A huge thank you."

Western Heights Primary School, Lakes

"Even though we are part of the lunches in schools programme, the fruit that we receive supplements these lunches. It means that our students have access to good quality and quantity of fruit every day that they would otherwise not have. Our school really values this programme. Thank you."

Ngataki Primary School, Northland

"We have learnt the eating habits of our students has improved and are grateful that we have the ability to help them not only with their learning but also to ensure that we can provide food to help them overcome the difficulties that they face every day. We are proud to have our association with you and others that provide for our up and coming leaders of tomorrow. Nga mihi mahana."

Te Kura Kaupapa Māori o Taumarere

RESEARCH – KIWI PARENTS

In 2019 Nielsen Research conducted independent research to measure support for Fruit & Vegetables in Schools amongst Kiwi parents. The results are compelling and provide evidence of widespread parental support for FIS.

88% agree that FIS should continue beyond 2019 (only 3% opposed the initiative)

83% agree that FIS should continue to be government-funded beyond 2019

80% agree that FIS should be extended to decile 3 schools



UNITED FRESH NEW ZEALAND INCORPORATED

United Fresh is a non-profit organisation working towards a sustainable fresh fruit and vegetable industry that is united and connected by providing valuable services and representation.

Visit www.unitedfresh.co.nz and follow us on [LinkedIn](#).

