

**REPORT TO: DUNDEE CITY COUNCIL EDUCATION COMMITTEE –
18 AUGUST 2003**

REPORT ON: FREE FRUIT INITIATIVE

REPORT BY: DIRECTOR OF EDUCATION

REPORT NO: 508-2003

1.0 PURPOSE OF REPORT

1.1 This Report seeks Education Committee approval for taking forward the Free Fruit in Schools Initiative for Primaries 1 and 2 during the period of August 2003 – June 2006.

2.0 RECOMMENDATIONS

2.1 It is recommended that the Education Committee approve the initiative as outlined in the report

2.2 approve the proposals for the expenditure of the Free Fruit in Schools Initiative funding

3.0 FINANCIAL IMPLICATIONS

3.1 The full cost of the proposal, £55,304 will be met with grant funding of £55,304 via the National Priorities Action Fund (NPAF). Payment will be made in arrears in November and March upon receipt of a NPAF payment claim form.

4.0 LOCAL AGENDA 21 IMPLICATIONS

4.1 This programme encourages healthy eating.

5.0 EQUAL OPPORTUNITIES IMPLICATIONS

5.1 There are clearly established links between health and educational achievement. The Scottish Executive seeks to maximise the number of children who have access to a nutritious meal and fresh fruit during the school day.

6.0 BACKGROUND

6.1 As part of the overall approach to improving diet, the Scottish Executive recently launched its national Healthy Living Campaign to promote healthy eating. The campaign offers education and advice in all aspects of healthy eating. It promotes 2 key messages – eat more fruit and vegetables and cut back on fat.

6.2 The Scottish Diet is largely deficient in fruit and vegetables and at a national level Scotland does not meet the WHO recommended adult daily intake of 5 portions of

fruit and vegetables. A portion for an adult is 80 grams. For children a rough guide is what a child can hold in one hand.

6.3 The free fruit in schools initiative is funded to provide one portion of fruit, 3 times per week during the school term, to every pupil in primaries 1 and 2 in local authority schools. Many schools work with older children to encourage the habit of snacking on fruit through the establishment of healthy tuck shops. Targeting the youngest children is where eating fruit is most likely to be habit forming.

6.4 Experience of other similar schemes highlights the need to adopt a whole school approach and integrate the provision of fruit with a positive learning experience for the children. The importance of teacher involvement is seen as a major element of the scheme being successful.

7.0 PROPOSAL

7.1 This proposal will provide and deliver a selection of fruit for children in primaries 1 and 2, 3 times a week during the school term. It proposes that we make use of the wide experience of Tayside Contracts to supply, prepare and deliver the fruit to the schools.

It takes into account:

- the need to support local procurement
- the need to supply a wide variety of fruit
- the size and presentation of appropriate fruit for the age group
- distribution of the fruit to the schools
- storage and preparation within schools
- health and safety issues

8.0 CONSULTATION

8.1 Tayside Contracts have been consulted in the preparation of this report. Primary Head Teachers will be consulted after August.

9.0 BACKGROUND PAPERS

No background papers, as defined by Section 50D of the Local Government (Scotland) Act 1973 (other than any containing confidential or exempt information), were relied on to any material extent in preparing the above Report.

ANNE WILSON
Director of Education

7th July 2003