

External Evaluation of Fruit in Schools

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Background

Evaluation purpose

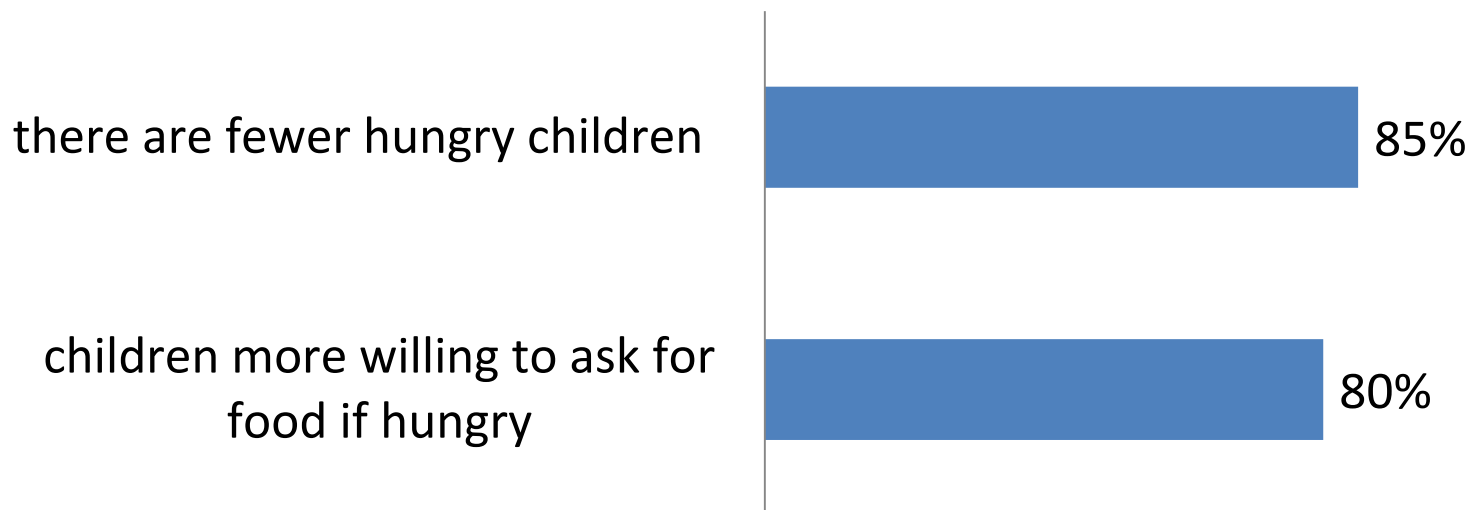
to understand and document the benefits of Fruit in Schools, in particular any wider health promotion impacts

Information sources used for the evaluation

- Findings from an online survey of principals of Fruit in Schools schools (n=378)
- 10 key informant interviews with principals at Fruit in Schools schools
- 5 key informant interviews with Health Promoting Schools facilitators
- 1 key informant interview with a Ministry of Health official
- Previous evaluations of Fruit in Schools, and other programme documents.

#1 Fewer hungry children as a result of FIS

% of Principals who agree, as a result of FIS:



Key Points

- Establishes healthy eating patterns
- Enables children to learn
- Foundation for addressing hunger

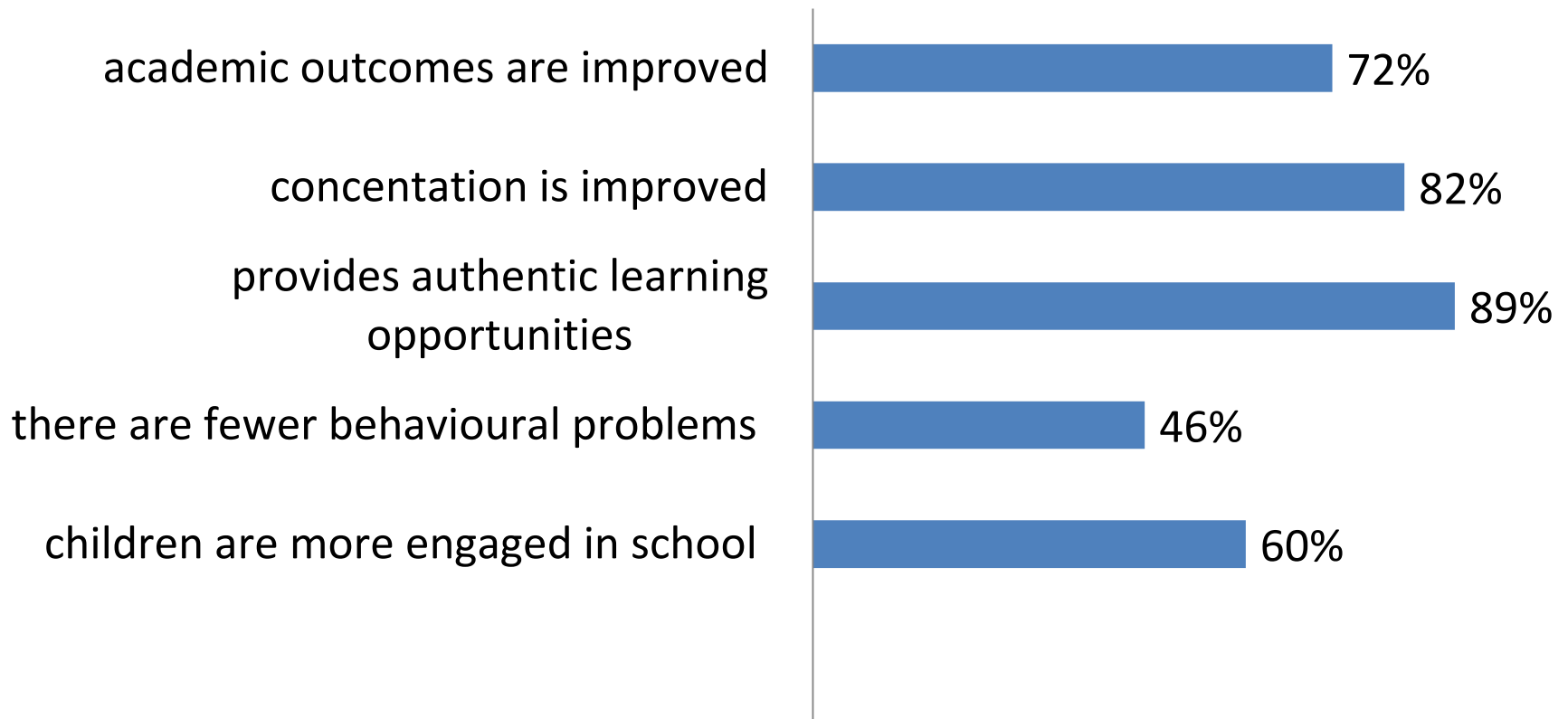
#1 Fewer hungry children as a result of FIS

‘It makes a huge difference. Some of our children don’t come to school with adequate food, particularly on benefit days, and therefore the Fruit in Schools allows those children to be fed and to nurture their brain ready for learning’ (Principal)

‘(Fruit in Schools) was really the core, the beginning of really looking at ‘how hungry are our young people?’ It was the foundation (for addressing hunger and lack of food security)’ (Health Promoting Schools facilitator)

#2 FIS contributes to academic outcomes

% of Principals who agree, as a result of FIS:



#2 FIS contributes to academic outcomes

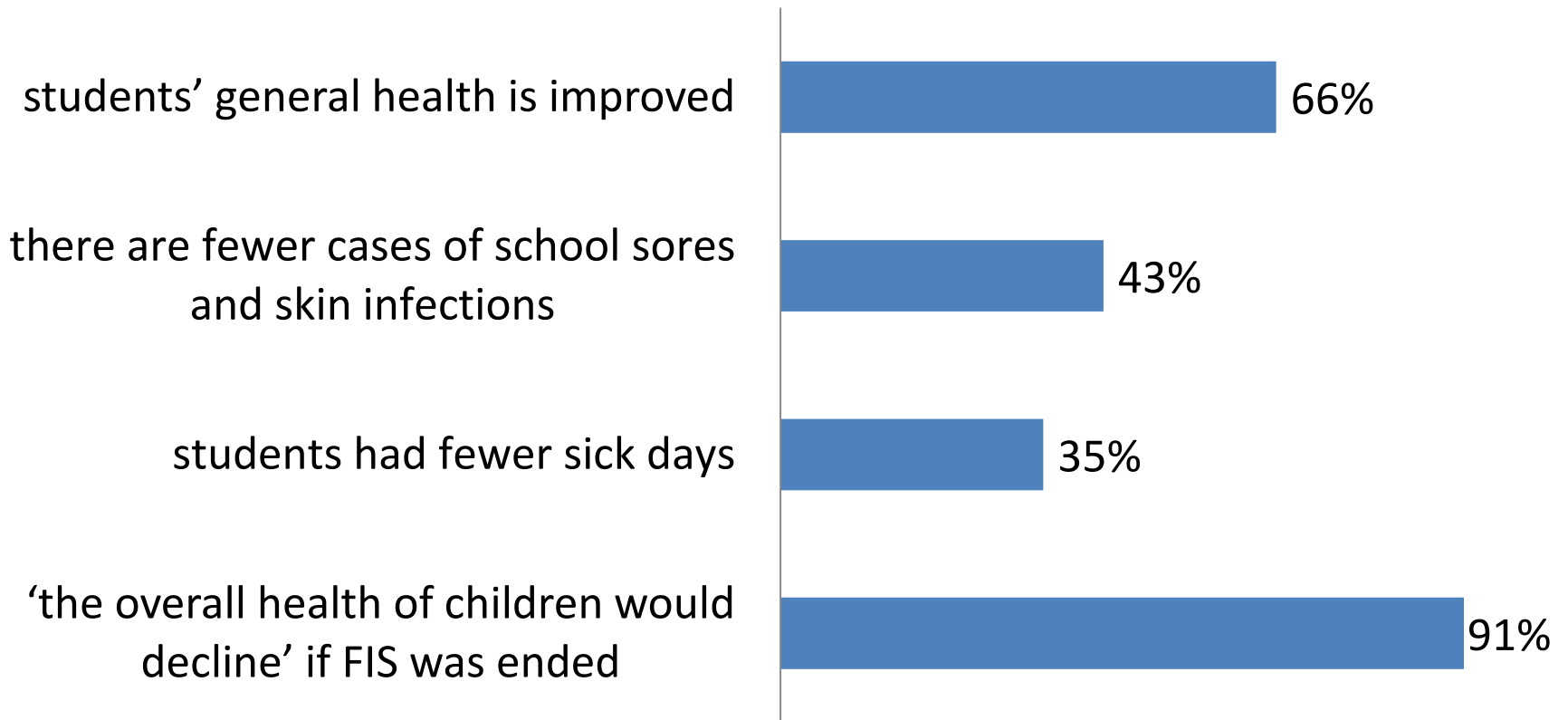
‘We know in the long run the fruit is good for achievement, for Māori achievement, and it’s happening at this school because of Fruit in Schools’(Principal)

‘(The children have a fruit break), and they return to their learning and they’re focused and ready to go again’ (Principal)

‘We’ve had to teach them how to love fruit because they haven’t had it. Sometimes you get a bit of a lump in your throat when they see (a fruit they haven’t seen before) and say “What’s that whaea? What’s it taste like?”’(Principal)

#3 FIS improves health

% of Principals who agree, as a result of FIS:

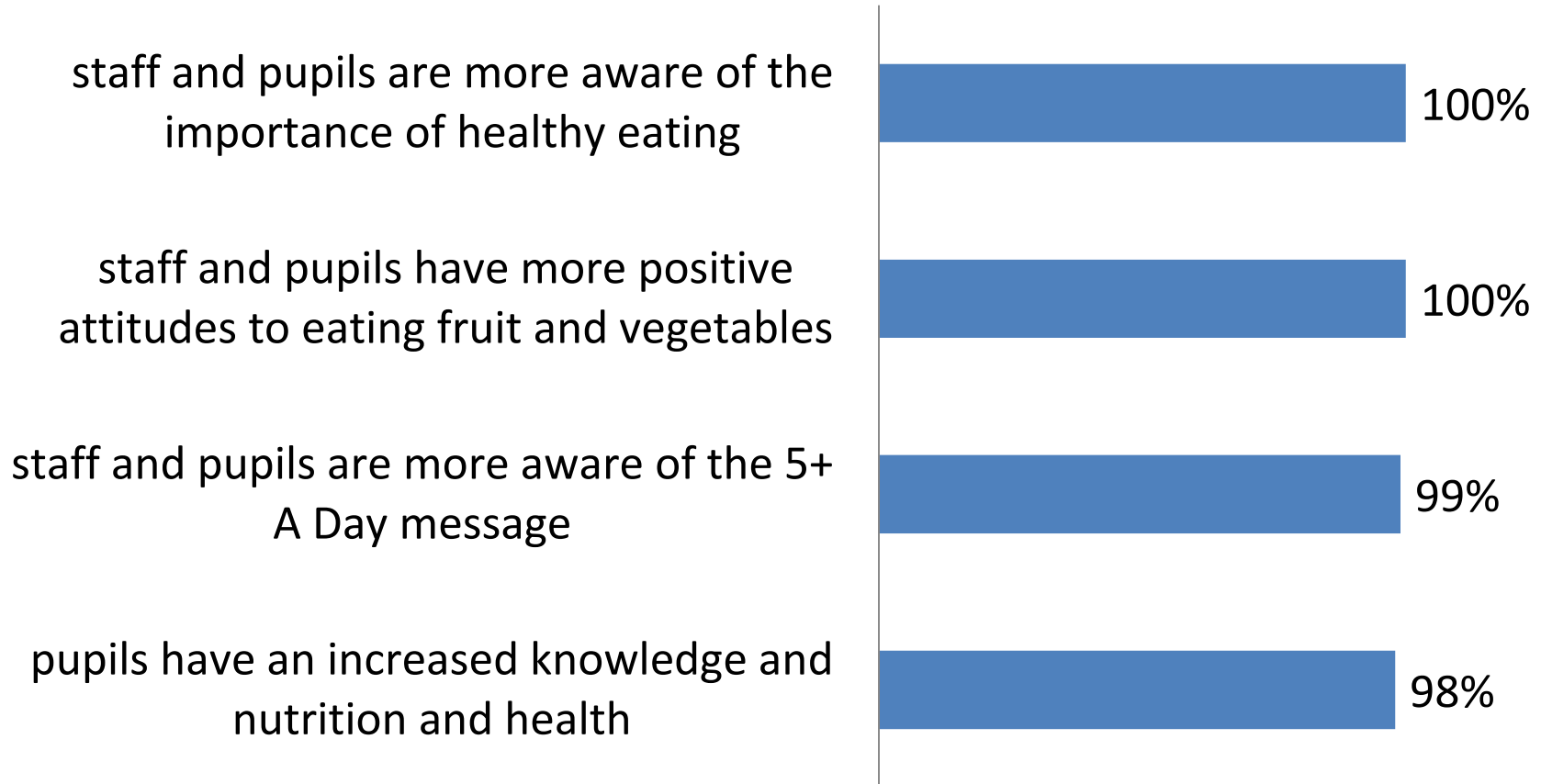


#3 FIS improves health

'I think it's the best thing they ever did...Because when you see how that one piece of fruit a day has changed the outlook of all these young people, you cannot be anything but eternally grateful for that to have happened' (Health Promoting Schools facilitator)

'I think for a school like ours it's a really key thing, and it not only has health benefits but introduces children to the idea that fruit should be part of your diet' (Principal)

% of Principals who agree, as a result of FIS:



#4 FIS supports a healthy school environment

'Fruit in Schools has actually pushed us to push other things out that weren't so good like sweets in lunchboxes and replacing them with fruit. We're a water drinking school now...and that's part of the Fruit in Schools, it's like salt and pepper - they go together. It sits in the middle, the fruit, and then around that we build all the other things' (Principal)

'(Fruit in Schools supports) manaakitanga - taking school fruit to share with others when attending school events/trips and sharing with manuhiri when and if we can' (Principal)

'It takes the stigma away, and that's huge...When you're giving someone fruit, you're not giving them rubbish, you're giving them quality, and it's a very even, equal thing to be giving out. It doesn't create a divide and it doesn't create judgement' (Principal)

What makes FLS so successful?

- It is meeting a genuine need and making a real difference
- It is very well managed, and easy for schools to participate
- The fruit and vegetables provided are varied and of high quality
- It has been consistent and reliable over many years

EASY

'Fruit in Schools is great because it arrives, the kids need the food, we know that fruit's healthy for them...and we're not having to prove ourselves all the time or fill out forms' (Principal)

UNIVERSAL

'I think the best thing about it is that...there's no baggage around its delivery – it's for everybody. I think if you actually targeted it to 'at risk' families there would be issues around it' (Principal)

TANGIBLE

'It's visual, you know. Not just talking about it, but you can see it, it's visual, it's here. It's in all our classrooms and our whānau know about it, and our community' (Principal)

‘I’ve always thought it could happen, but I’d be devastated if Fruit in Schools stopped, I really would. I think I’d honestly cry for a few days’ (Principal)

‘I just ask myself – how could we sustain this if the government turned around and said “we’re not paying for this anymore”? How could we sustain it? Because we would have to. And that’s my big question – I don’t know. What would we do?’ (Principal)

‘Please don’t stop the fruit. That is our biggest fear up here: that it’ll stop’ (Health Promoting Schools facilitator)