

Guidelines for Implementation of Fresh Fruit Friday

Implementation timeline

The initiative will be progressively rolled out to all schools over the next four years. All schools with P–2 enrolments will be invited to express interest in early term 4, 2007 for funding commencing in semester 1, 2008. Further expressions of interest will be called for in semester 2, 2008, 2009 and 2010 for commencement at the start of the following year.

Participation in the initiative is voluntary.

Funding

Free Fruit Friday grants will be paid directly to participating schools. Funding will be allocated on a per student basis, for students in years Prep – Year 2. Allocation will be approximately 70 cents per student per week over 38 weeks.

Schools will be able to use the grants to implement appropriate arrangements for the purchasing of fruit and vegetables (for example from a local greengrocer or wholesaler) for the program.

Fruit and vegetable selection

The Free Fruit Friday initiative is based on the philosophies of offering children a wide variety of fresh, seasonal fruit and vegetables to influence healthy food choices.

- For optimal enjoyment, use fresh produce at its peak.
- Offer fruit and vegetables to children in a variety of ways.
- Although fresh produce is preferred, packaged or dried fruits can be used when fresh varieties are out of season.
- If dried fruits are used, portions should be smaller and plenty of water should be available.

Storing, handling and preparation

Fresh produce must be received, prepared and handled safely and hygienically.

Distribution

- Encourage all children to try the fruit and vegetable options provided.
- Children should always be seated and supervised while eating chopped or raw fruit and vegetables.
- Use this time to reinforce the good food messages through reading a story or discussion of the different types of produce on offer.

Allergies

All schools have processes for recording allergies or special health requirements of students. It is very important to be aware of this information, as students may be offered food to which they might be allergic.

Disposal of fruit and vegetables

The Free Fruit Friday initiative is grounded in the principles of healthy living. Schools are encouraged to take advantage of composting, worm farms and recycling of any food waste, and to avoid unnecessary packaging.

Curriculum

Schools' healthy food culture and curriculum programs should be complementary. Curriculum planning and student learning play an important part in developing a health-promoting school culture.

Purchasing

Schools should consider local community links and partnerships when choosing a produce supplier.

Accountability

When grants are allocated to schools the revenue and expenditure codes to be used will be provided. Schools will need to account for expenditure of the Free Fruit Friday grant in accordance with current financial policy and audit requirements.