

5 A Day and School-Age Children

Gather the 5 A Day Facts

The following list includes many good ways to promote 5 A Day in schools. If after your assessment you have more "yes" answers than "no" answers, you know you are on the right track. Looking at the questions you answered "no" to would help you find a starting point for making changes. Share your findings with school administrators, listen to their issues and ideas and then decide how to proceed. Don't forget that "fruits and vegetables" means ALL FORMS of these foods: fresh, canned, frozen and dried.

Advertising and Promotion	Yes	No
<ul style="list-style-type: none"> • Are fruits and vegetables promoted in the cafeteria? • Are fruits and vegetables promoted in vending machines? • Is nutrition information on fruits and vegetables available in the cafeteria? • Are fruit and vegetable selections highlighted in the cafeteria? • Is a fruit or vegetable of the week offered in the cafeteria? • Are taste tests and special meal events with the 5 A Day theme offered? • Does the cafeteria participate in the Winner's Circle program? • Is advertising of less nutritious food prohibited? 		
Accessibility of Fruits and Vegetables	Yes	No
<ul style="list-style-type: none"> • Are convenient items like bags of baby carrots, celery, raisins and prepackaged salads offered? • Is there a salad bar? • Are 100% juice, fresh fruit and dried fruit offered in vending machines? • Does the school participate in the Farm to School program? • Are a la carte fruits and vegetables cheaper than other a la carte choices in the cafeteria? • Are 100% juices cheaper than other choices in the vending machines? • Are fresh or dried fruits cheaper than other choices in the vending machines? • Do sites outside the cafeteria (vending, concessions, meetings, events, after-school programs) offer fruits and vegetables? 		
Availability of High Quality Fruits and Vegetables	Yes	No
<ul style="list-style-type: none"> • Are fruits and vegetables available in many forms (fresh, canned, frozen, dried)? • Are colorful fruits and vegetables featured? • Do recipes meet USDA School Meals Initiative for Healthy Children guidelines? • Do cooking and presentation methods help maintain the nutrient value of fruits and vegetables? 		
Accessibility of Snacks other than Fruit	Yes	No
<ul style="list-style-type: none"> • Are foods of low nutritive value only on sale after school? • Are there restricted hours on vending machines during the school day? 		
Healthy Choices Wherever Food is Served	Yes	No
<ul style="list-style-type: none"> • Do school meals (not a la carte) offer two choices of fruits or 100% juices for lunch daily? • Are two choices of vegetables offered for lunch daily? • Do a la carte items include at least two fruits or vegetables every day? • Do school fund-raising efforts promote the sale of fruits and vegetables? 		

Healthy Choices in the Classroom	Yes	No
<ul style="list-style-type: none"> • Do students receive nutrition instruction that includes 5 A Day education in all grades? • Are students given the opportunity to practice skills (reading food labels, planning meals, identifying foods on menus) rather than only to learn facts? • Are active learning strategies used to teach nutrition education, such as planting a school garden or taking field trips to farmers' markets or local farms? 		
Healthy School Policies	Yes	No
<ul style="list-style-type: none"> • Do school policies promote fruits and vegetables? Examples: <ul style="list-style-type: none"> • Requiring foods that are low in fat, sodium and added sugars to be available wherever food is served. • Nutrition standards for foods and beverages offered at parties, celebrations and social events. • Prohibiting advertising that promotes less nutritious food choices. • Curricula including nutrition education. 		