

Title of Intervention: Fruit and Vegetable Subscription in Danish Schools

Intervention Strategies: Environments and Policies

Purpose of the Intervention: To increase fruit and vegetable intake at school

Population: Children aged 6-10 years

Setting: Primary school classrooms in Denmark; school-based

Partners: 6-a-Day Project, school districts

Intervention Description:

- Environments and Policies: Students received either a piece of fruit or vegetable during morning recess. On Mondays and Wednesdays they received a vegetable, either a small bag of carrots or a small cucumber. On Tuesdays and Fridays they received an apple and on Thursday a second variety of fruit.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: School teachers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Parents paid a subscription price of \$28.91, equivalent to \$0.32 per school day (One third of the total cost of the program was subsidized by the 6-a-Day project)
- Intervention: Subscription information, fruit and vegetables
- Evaluation: Questionnaires

Evaluation:

- Design: Quasi- experimental, pre/post evaluation
- Methods and Measures:
 - Questionnaire included a pre-coded 24-hour recall and a short food frequency questionnaire

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Introduction of the fruit and vegetable subscription program increased fruit intake of both child whose parents subscribed to the program and those who did not.

Maintenance: Not mentioned

Lessons Learned: This type of program may have a wider effect than expected due to the fact that non-subscribers also increased their intake of fruit. A possible explanation could be an increased awareness of the importance of eating fruit and vegetables.

Citation(s):

Eriksen, K., J. Haraldsdottir, et al. (2003). "Effect of a fruit and vegetable subscription in Danish schools." *Public Health Nutr* 6(1): 57-63.