

Title of Intervention	Restricting snacks in Elementary schools.	
Intervention Strategies	Environments and policies	
Purpose	Increase the consumption of fruits and vegetables in elementary school children.	
Populations	Elementary schools in the United States.	
Settings	School-based	
Partners	Not mentioned	
Intervention Description	A comparison of fruit and vegetable consumption in elementary school children based on the snack availability policies.	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	None
	Training:	None
	Technology:	None
	Space:	None
	Budget:	None
	Intervention:	School policy on snack food availability.
	Evaluation	Statistical software, School administrators' survey, Early Childhood Longitudinal Study - Kindergarten cohort data.
Evaluation	Design:	Cross sectional
	Methods and Measures:	'Data was obtained from the Early Childhood Longitudinal Study-Kindergarten cohort. Children completed a questionnaire about their overall daily consumption of fruits and vegetables based on questions from the Youth Behavior Risk Factor Surveillance System. To measure school policy about restricting snack availability, a school administrator's survey of snack availability at their school was collected. We calculated the frequency of children's consumption of fruits and vegetables at schools with restricted and unrestricted availability of snacks.'

Outcomes	Short term impact:	"Children in schools with restricted snack availability had significantly higher frequency of fruit and vegetable consumption than children in schools without restricted snack availability."
	Long term impact:	Not measured
Maintenance	None	
Lessons Learned	The difference between groups for fruit and vegetable consumption was greatest for vegetables.	
	"A restrictive snack policy should be part of a multi-faceted approach to improve children's diet quality, because it will positively affect daily fruit and vegetable consumption of elementary school children."	
Citation(s)	Gonzalez, Wendy, Jones, Sonya J., and Frongillo, Edward A. (2009) Restricting Snacks in U.S. Elementary Schools Is Associated with Higher Frequency of Fruit and Vegetable Consumption. Journal of Nutrition. Vol. 139, No. 1, 142-144	
Current Program Status	Sample school health policies can be found at: http://www.nasbe.org/healthy_schools/hs/index.php	