

Title of Intervention: Norwegian School Fruit Program

Intervention Strategies: Environments and Policies

Purpose of the Intervention: To promote access to and increased consumption of fruits and vegetables

Population: Norwegian 7th graders, ages 11-12, and their parents

Setting: Two counties in southeastern Norway; school-based

Partners: Local fruit and vegetable distributors, school districts

Intervention Description:

- Environments and Policies: The students received a piece of fruit or a carrot each school day, usually at the lunch meal. Produce was available at school through either a free or a paid subscription.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: School personnel
- Training: Not mentioned
- Technology: Not mentioned
- Space: Storage space capable of holding 2-3 days worth of produce
- Budget: Not mentioned
- Intervention: Fruit and vegetables from local distributors
- Evaluation: Questionnaires

Evaluation:

- Design: Quasi-experimental, pre/post test
- Methods and Measures:
 - Separate questionnaires for students and parents
 - Questionnaires include 24-hour fruit and vegetable recalls, food frequency questionnaire, questions assessing potential associations of the students' fruit and vegetable intake, demographic questions and questions concerning other health-related behaviors
 - Follow-up questionnaires asked students to rate the School Fruit Program and parents to comment on their perceptions of the cost

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Students attending the free subscription schools had significantly higher intake of fruit and vegetables at school than the pupils at the paid subscription schools. Subscribers at the paid fruit schools had significantly higher intake than the non-subscribers at the same schools.

Maintenance: Not mentioned

Lessons Learned: Providing fruits and vegetables to all students at school, and at no cost to their parents, is an effective strategy to increase overall fruit and vegetable intake. Government subsidies can help support the program to reduce the cost to parents.

Citation(s):

Bere, E., M. B. Veierod, et al. (2005). "The Norwegian School Fruit Programme: evaluating paid vs. no-cost subscriptions." *Prev Med* 41(2): 463-70.