

Progress in Practice

School Fruit Tuck Shops in Swansea

Swansea Public Health Team provides support to local primary schools to set up fruit tuck shops to promote healthy eating and establish links with local suppliers and growers, and ties-in with the healthy eating and sustainable development components of the school curriculum.

Summary

The school fruit tuck shops initiative is co-ordinated by Swansea Public Health Team and aims to help primary schools in Swansea replace traditional 'tuck' with fresh fruit and vegetables. The fruit tuck shop is promoted and supported by the Swansea Public Health Team and the Swansea NHS Trust Oral Health Department as an innovative opportunity to increase the accessibility and availability of fruit and vegetables.

Locally a number of schools have developed a fruit tuck shop to help establish healthy eating habits and reinforce healthy eating messages in the curriculum. Schools taking part in the initiative develop an approach that suits their needs and are encouraged to source local and seasonal produce in order to develop links between the school, local suppliers and growers.

The fruit tuck shops help highlight issues of sustainability to children, such as food miles and the Eco-School initiative, which allows them to develop a positive attitude towards food and sustainable development.

Key Learning Points:

- 1) Engaging children's interest in healthy eating and food education early in life helps them understand the benefits of, and establish, a healthy lifestyle.
- 2) Parents benefit too, as children take home healthy eating messages and are willing to eat fruit and vegetables.
- 3) Encouraging pupils to run their own school fruit tuck shop helps develop practical and social skills and can improve self-esteem.



Pontybrein Primary School, Gorseinon, Swansea

The school has set up a fruit tuck shop as part of the Swansea Public Health Team initiative, with the aim of encouraging healthier eating and tooth care. The shop is run entirely by a team of Year 6 pupils, which is teaching them a new set of useful work skills and team values as well as healthy food messages.

The school was invited to a fruit tuck shop information session in 2002 to share their success with others hoping to set up fruit tuck shops in schools.

"I think the fruit tuck shop is a very good idea because it makes children healthier and encourages children not to eat so much unhealthy food."

Pupil at Pontybrein Primary School

Links and organisations involved: Swansea Public Health Team <http://www.nphs.nhs.uk>; Pontybrein Primary School <http://www.pontybreinschool.co.uk>

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