


FACT SHEET

The EU School Scheme for F&V



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- Amongst young people, F&V consumption is often less than half the minimum recommended 400g/day.
 - Educating the youngest is the starting point to reverse the negative trends of obesity & NCDs, such as type 2 diabetes, cardiovascular diseases & certain cancers.
 - Educating children to form healthy eating habits is in line with the goals of the European Green Deal, Farm to Fork Strategy & EU Beating Cancer Plan.



The EU School Scheme is instrumental in achieving EU strategies & the UN Sustainable Development Goals

The EU School Scheme is a key tool to introduce children to taste, texture & diversity of fruit & vegetables

- The economic benefits of the EU School Scheme are **INDIRECT BUT ESSENTIAL**. They will return as long-term benefits for:
 - **Children**, who will be equipped to build healthy eating habits with high nutritional value, low costs & low environmental impact.
 - **The F&V sector**, securing consumers for the future.
 - **Society**, with reduced pressures & costs in social aid & health care.



Key priorities:

Provide a diversity of products to allow children to discover & become familiar with more tastes, textures & products.

Source products from different production methods & origins for greater variation and to ensure year-round supply & consumption of F&V.

Maximise intake & change eating habits through a distribution of F&V that must be daily, consistent throughout the semester & accurately timed.

Engage fresh produce stakeholders for maximum outreach.

Provide a diversity of products to allow children to discover & become familiar with more tastes, textures & products.

On estimate, a €1bn increase of the EU School Scheme budget would be needed to guarantee that every school child receives one piece of fruit or vegetable per day

The results of the EU School Scheme have been positive, but F&V consumption remains too low



Other recommendations for education:

- Educate! The core of the EU School Scheme lies not only in nutrition but also education.
- It is essential that F&V distribution is accompanied by educational measures.
- Children can learn where and how products are grown.
- Engaging & informing stakeholders like teachers, school management, national & regional education institutions & parents is also crucial.
- Success is based on partnership between all parties involved.

