

The Grab 5! Project

Grab 5! is about schools encouraging their pupils to eat more fruit and vegetables.

There are a lot of things that schools can do - provide fruit at break times, improve the school lunch service and offer healthy cooking opportunities, to name a few. With children keen to learn, schools are the ideal place to encourage healthier eating.

Grab 5! provides schools with

- teaching materials
- ideas
- information
- support
- links to a network of like minded schools
- training

The project website www.grab5.com provides lots of useful information and downloadable materials (action pack, curriculum pack, model food policy and evaluation report).

Hard copies are available from the project team at reasonable prices.

Grab five ideas from the action pack and give them a go.

The Grab 5! Approach

Practical

Grab 5! encourages a range of activities that allow children to buy, taste, feel, cook and grow fruit and vegetables.

Flexible

Grab 5! is designed to be flexible and easy to implement, with activities supporting and integrating into existing curriculum work.

Tailored

Schools are encouraged to develop their own action plans. There is no "blueprint" that everyone has to stick to. Try what suits your circumstances.

Participatory

Schools are encouraged to involve a range of people in the planning and implementation of the Grab 5! activities, including teachers, caterers, support staff, pupils, parents and governors.

Whole School Approach

Grab 5! adopts a whole school approach aiming to ensure that all aspects of school life - the curriculum, extra-curricular activities, and the social and physical environment - are mutually reinforced.

The Grab 5! Rationale

- One in five children eat no fruit in a week.
- Eating at least 5 portions of fruit and vegetables per day reduces the risk of heart disease, some cancers and asthma.
- Whatever your size, a portion is roughly the amount you can grab in one handful.
- Eating habits are formed in childhood. If eating habits can be changed now, we have the opportunity to break unhealthy habits and form healthy ones for years to come.

If you would like to know more about the Grab 5! Project and how to get involved, please return the slip below (see overleaf for contact details).

Reply form:

We are interested in learning more about the Grab 5! Project.

Contact name
Position
School
Address
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Phone
Fax
Email

Grab 5



eat fruit & veg