



Healthy Kids in Healthy Schools

October 13, 2014

V.1

Students in APPLE Schools eat more fruits and vegetables

Students from randomly selected schools in Alberta and APPLE Schools were surveyed to determine students' diet quality. Over 3500 students were surveyed and the survey was repeated after a two-year intervention in the APPLE Schools. Students in APPLE Schools had a 10% increase in vegetable and fruit consumption compared to the provincial average.¹

How did they increase fruit and vegetable consumption?

APPLE "My schools have been working with our local Save-On Foods to provide students with a weekly taste test. Save-On Foods has donated the food, prepared the taste test, and even provided parents with a coupon for the taste-tested items. Then they displayed pictures of the students in the store! This photo was taken at the Save-on Foods at 360 Mayfield Common in Edmonton. This story really demonstrates how APPLE Schools affects the home, school and broader community." – Ryan MacDonald, School Health Facilitator at Our Lady of Peace and Annunciation Schools, June 13, 2013



"And those yummy chunky red apples sitting in the schools lobby... our brains are able to function properly." **Student**

"If we can go back to 2 years ago when we didn't have APPLE Schools to now, there's been a significant change in people's attitudes toward the food they're eating, to their attitudes toward daily physical activity, and the actual behaviour that follows." **Nigel Butterfield, Principal, Lee Ridge School**

"I have had 3 children go through (an) APPLE Schools and the impact that it has had on them has been amazing. They used to ask for chips and pop. And they don't ask for chips and pop anymore. Instead they'll eat vegetables. And fruit. Now I probably go shopping for fruit every 3 days." **Carley B., Parent**

What is APPLE Schools

APPLE Schools is a privately funded, innovative school-focused health promotion initiative that improves the lives of more than 15,000 students in 51 schools across Northern Alberta. APPLE Schools supports school communities through the development of healthy habits and changes to school environments in order to improve healthy eating, active living, and positive social behaviours for a lifetime.

¹ Fung, C., Kuhle, S., Lu, C., Schwartz, M., Storey, K. E., & Veugelers, P. J. (2012). From "best practice" to "next practice": The effectiveness of school-based health promotion in improving healthy eating and physical activity and preventing childhood obesity. *International Journal of Behavioural Nutrition and Physical Activity*, 9(27), 1-9. <http://dx.doi.org/10.1186/1479-5868-9-27>