



What does youth want ?

...from school fruit and vegetable programs



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Good taste - now

- Many participants said they **did (not) eat fruit and vegetable** simply **because they (did not) like them**
- Children **value the immediate benefits or drawbacks** of eating fruit and vegetables

REVIEW

Open Access

Determinants of fruit and vegetable consumption among children and adolescents: a review of the literature. Part II: qualitative studies

Rikke Krølén **A Qualitative Exploration of Determinants of Fruit and Vegetable Intake among 10- and 11-Year-Old Schoolchildren in the Low Countries**

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Johannes Brug^a



Good quality

- Negative aspects of **appearance** - unripe, mouldy, rotten, wrinkled,
- Vegetables **taste** bitter, sour, dull, too strong
- Negative aspects of **texture** - mushy, slimy, too hard, containing seeds,



Variety

*“Be a little more diverse in the fruits.
We are getting a lot of apples and stuff like that.
We got some kiwi, a little bit of pineapple, and
some bell peppers but try to be a little more
diverse in the fruits.”*

He et al 2012



Source: frukt.no

WP6 PEN Case study of Impact and Implementation Evaluation of the EU School Fruit and Vegetable Scheme

REVIEW

Open Access

Barriers and facilitators to implementation of direct fruit and vegetables provision interventions in kindergartens and schools: a qualitative systematic review applying the consolidated framework for implementation research (CFIR)



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1. A review of implementation processes of direct provision of fruit/vegetables
2. A qualitative study of implementation of the Scheme
3. A system map of mechanisms of the Scheme



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Being social

- *“It’s a domino effect. When I first came to school I didn’t like eating it (fruit /vegetables) and then I saw all my friends eating it, so it’s cool.”*
- *“When you’re looking at «Farm to School» and when you're looking at our school culture, our students realize that’s who we are and they should be really proud of that.”*



Role models

«I like the girls, like if I want to like do a flip like Charlie I just have to eat my fruit and veg».

Focus group,
Grades 1 & 2,
Ireland



Source: <https://www.fooddudes.ie/the-3-r-s/>

Thygesen, Master thesis ongoing

Emerging environmental concern

«I think I'd like them more if they weren't in plastic and boxes, but they were just like fresh, organic fruits and vegetables freshly cut»

Focus group,
Grades 5 & 6,
Ireland



Thygesen, Master thesis ongoing



Meaningful youth engagement – building healthier food and physical activity environments for current and future generations



Confronting obesity: Co-creating policy with youth (CO-CREATE)

Goal:

Investigate how policy changes can support healthy eating and a physically active lifestyle with the aim of halting the rise of adolescent obesity rates

- monitoring and benchmarking relevant policies
- collaborate with adolescents across Europe in developing novel policy options that will contribute to overweight prevention and reducing inequalities in overweight and obesity



Policy Ideas

	Total number Ideas
Physical activity	31
Healthy food	27
Knowledge	18
Learning how to cook	9
Societal pressure, stress, mental health, media use	15

CO-CREATE Almere Alliance's Policy Idea

Kitchen take-over; warm, healthy food in school canteens – made by the young people themselves



- Enrich the school canteen with warm, healthy and tasty food, prepared by the young people themselves.
- Share and provide recipes made and tested by young people, which can then be added to the school canteen's menu.
- Raise awareness at the Netherlands Nutrition Centre (Voedingscentrum) that not everyone likes or considers cheese sandwiches to be healthy.



Summary of the policy

This policy idea aims to provide healthy and warm food in healthy school canteens by incorporating students' knowledge of and preferences for healthy food based on their different backgrounds and dietary habits at home. The Almere Youth Alliance also wants to produce a cookbook that other school canteens can use in order to rollout their idea to other schools. They also intend to teach young people how to cook.

The problem

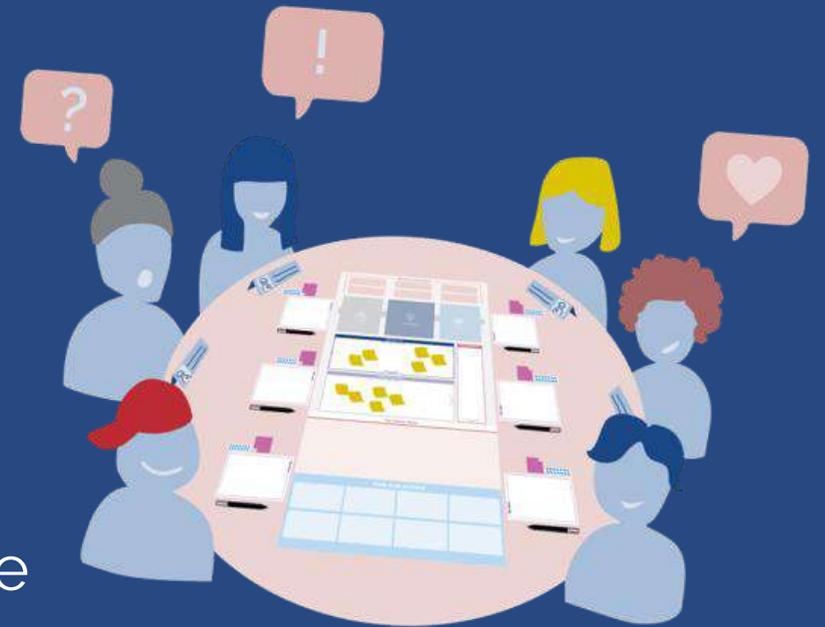
The young people do not consider the food served in school canteens to be healthy or tasty; they prefer to eat tastier food, even if it is unhealthy. This is partly because the food provided only caters to certain preferences. The young people in this group, who come from different cultural backgrounds and have different eating habits, do not find cold cheese sandwiches appetising. Their knowledge of and preferences for different types of warm and fresh food, vegetables, herbs and particular recipes is currently ignored and not reflected in the range of food available in the school canteen. As a result, not only do they choose not to eat what the school considers 'healthy', they also feel left out and unheard.

Activities youth undertook to develop the policy idea

1. During the system mapping activity, the group identified various factors in their immediate environment that contribute towards adolescent obesity.
2. After further discussions, the group came up with policy ideas to address these factors. One group decided to focus on providing better and healthier varieties of food in the school canteen.
3. This group took a more active approach to further develop this policy; the school gave them permission to cook healthier food for the canteen.
4. They collected information about the requirements of the own school canteen, in relation to the 'healthy canteen' platform.
5. They participated in debating exercises to think more critically about their policy ideas.
6. They drew up surveys to find out what their peers would like to see as part of a healthy school canteen.
7. The group came up with recipes and discussed them with the teacher responsible for the 'healthy canteen' guidelines.
8. For several weeks they cooked in the school canteen and sold the food to their fellow students.
9. They organised and participated in an online meeting with the regional manager of the Netherlands Nutrition Centre's Healthy Canteen initiative and a policymaker. Action points (in-depth study of the Healthy Canteen guidelines; adapting recipes; joining the Healthy Canteen student participation initiative to implement their idea) will be addressed in the autumn of 2020. The group also engaged with a TV chef who has published a cookbook.
10. By drawing on all these activities and experiences, they were able to refine their original idea and finalise their policy proposal.

The CO-CREATE Dialogue Forum Tool

- Tool for intergenerational and multi-sectoral policy dialogue
- **Connect** with others, **discuss** an idea and **collaborate** on action
- Designed for and with youth
- Equal number of youth and adults at the table
- Facilitate action after dialogue



<https://eatforum.org/initiatives/co-create/>



2022-2024

The overall objective of the project is to generate new knowledge on **adoption, implementation and impact** of school-based primary prevention interventions through **combining implementation science and system dynamics**, and using the **Norwegian School Fruit Scheme** as a case.

Funded by:



NORWEGIAN **CANCER** SOCIETY

Survey of the Norwegian School fruit scheme

Report, September 2022
Tore Angelsen



Changes 2018-2022

- From 60 to 65 % of pupils agreed that fruit and vegetables **make what they eat better**
- From 69 to 75 % of pupils agreed that **parents cut up fruit and vegetables** for them to eat if they were very hungry



Source: frukt.no

Key messages – what do youth want ?

1. Good quality, taste and variation
2. Be social
3. Sustainability/environmental concern - an emerging issue?



Source: frukt.no