



School Fruit Scheme strategy for the 2010-2013 school years Lithuania

Across the European Union, it is estimated that 22 million children are overweight, of which 5 million have obesity. Healthy eating has been identified as a potential important strategy to reduce the prevalence of obesity and associated health complications including cardiovascular diseases and type-2 diabetes. In Lithuania, the aim of the School Fruit Scheme, is to implement in children an awareness of the benefits regarding the consumption of fruit and vegetables.

The objective of the Scheme is to “increase the amount of fruit and vegetables in children’s diets at a stage when their eating habits are developing.” In coordination with the Lithuanian Ministry of Agriculture, the Scheme consists in the free distribution of fruit and vegetables to primary schoolchildren in participating Lithuanian schools. Distributed products included carrots, pears, apples, bananas and citrus fruit. Overall, the intervention was identified as being successful. In the 2009-2010 implementation year, 171 schools took part in the programme and the products were distributed to 21,222 children in the school year. During the 2012-2013 implementation year, 1,365 schools and nurseries participated in the Scheme, reaching 192,454 children.

Reference: Chrodís. *School Fruit Scheme Strategy for the 2010-2013 School Years Lithuania*. <http://chrodís.eu/wp-content/uploads/2017/03/school-fruit-scheme-strategy-for-the-2010-2013-school-years.pdf>.