TARGET AUDIENCE

This program is for students in 4th and 5th grade.

SUMMARY

The 5-A-Day Power Plus program, a school-based program, is designed to increase fruit and vegetable consumption among students.

EVIDENCE

A randomized controlled study of 20 schools revealed that students participating in the program significantly increased their fruit and vegetable consumption. During school lunch, students ate 0.47 more total fruit and vegetable servings and 0.30 more total fruit servings, and girls ate 0.26 more total vegetable servings. Overall dietary changes assessed using a 24-hour recall indicated an increase in the consumption of fruit by 0.62 servings.

COMPONENTS

The 5-A-Day Power Plus program involves classroom-based and school lunch-based interventions, family participation, and community and corporate involvement.

- The classroom curricula includes two sets: one for 4th grade and one for 5th grade and each contains 16 lessons that target skill-building and problem-solving and includes snack preparation and taste testing.

- At school lunch, the variety and attractiveness of fruit and vegetable choices are improved, students engage in competitions to increase fruit and vegetable consumption, and classroom curricula are complemented with point-of-purchase fruit and vegetable promotions that make use of curricular messages.

- Family participation includes 4th grade students sharing a series of information/activity packets to be completed with their parents and 5th grade students bringing home snack packs to prepare fruit- and vegetable-based snacks for their families.

- Fruit and vegetable corporations supply produce for the snack packs, school lunches, and in-class taste tests and a guest speaker for the classroom.

PREVIOUS USE

The 5-A-Day Power Plus program was first tested in schools in the Minneapolis - St. Paul region of Minnesota beginning in 1995. The extent to which the program has been used outside this initial evaluation is unknown.
5-A-Day Power Plus

TRAINING
Teachers and food service employees implement this program and receive training on-site. An implementation manual is available and includes materials for a 6-hour teacher training and a 1-hour food service employee training. Please visit the website listed in the Source section for information on the manual.

CONSIDERATIONS
Considerations for implementing this program include obtaining school administrator support, securing buy-in from classroom teachers and school food service employees, finding time to teach the curricula during the school day, understanding produce may need to be purchased to supplement what is available through food services, and creating a partnership with local produce suppliers who can provide produce and serve as guest speakers. Some materials for this program are out of date, and they do not reflect changes in how portion size of fruits and vegetables are communicated in current public health campaigns (i.e., USDA’s MyPlate program).

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing 5-A-Day Power Plus, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The program includes 16 45-minute lessons delivered over 8 weeks. Program materials are available for free. Please visit the website in the Source section for additional information on program materials. The cost to implement the program has been estimated to be $8 to $10 per student participant.

EVALUATION PLAN
To move 5-A-Day Power Plus to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact the National Cancer Institute’s Research-Tested Intervention Program unit using their webform at https://rtpscancer.gov/rtips/contact.do or visit https://rtpscancer.gov/rtips/programDetails.do?programId=209461

SOURCE
http://rtpscancer.gov/rtips/programDetails.do?programId=209461