Tooty Fruity Veggie Project

TARGET AUDIENCE
This program is for children in preschool and their parents and is intended to impact children.

SUMMARY
Tooty Fruity Veggie Project, a school-based program, is designed to teach children the importance of healthy eating and engage them in a physical activity program that intends to improve children's movement skills.

EVIDENCE
A quasi-experimental pilot study was conducted in primary school age children and found that significantly more intervention than control students were able to correctly identify the recommended daily intake of two servings of fruit. No significant differences were observed across the two groups for children's ability to identify the recommended daily intake of three servings of vegetables. Children in intervention schools were significantly more likely to identify fruits and vegetables as one of their five favorite foods.

A randomized controlled trial was conducted in preschool age children and found that children in intervention preschools had significant improvements in their movement skills compared to children in control schools. Children in the intervention preschools had a significant increase in the mean number of servings of fruits and vegetables in their lunchboxes. There was no intervention effect on the prevalence of children who were overweight, but there was a significant reduction in body mass index z-scores in intervention children. A 3-year follow-up of this trial found no significant differences between intervention and control children for locomotor skills, but there was a significant difference in object control for girls who participated in the intervention. No significant differences were observed for boys for object control or locomotor skills, which indicates that the program may only have sustained effects for girls.

COMPONENTS
This program intends to improve young children's general well-being and uses two components to achieve this goal.

Healthy Eating - Includes the development of a project management committee (PMC), which oversees implementation to ensure program sustainability; reviews preschool's food policies and makes recommendations for healthy changes; and is comprised of parents, staff, and health professionals. Parents attend an introductory workshop to learn about the program and new policies, receive information on obesity prevention strategies, and also attend interactive workshops on positive parenting and healthy eating topics delivered by a health professional (e.g., dietitian, health promotion officer, or child and family health nurse). Parents are also encouraged to attend separate positive parenting classes. Children participate in interactive healthy eating activities that include tasting new foods, sorting foods into sometimes and every day categories, growing a garden, and taking cooking classes.

Physical Activity - Offers Fun Moves, a physical activity program for young children, twice a week. Each session includes a 5-minute warm-up of movements that target children's balance and stability and a 5-minute cool-down. The main portion of the physical activity program is designed to help children develop basic movement skills, and children complete three activities in small groups. The PMC also reviews playground equipment and access to sports equipment. Parents attend one workshop on incorporating fun games at home to help their children develop fundamental movement skills, and they receive a monthly newsletter that provides tips on healthy eating, games to play with their children, and how to create a healthy environment at home.

PREVIOUS USE
The program was developed in 1998. No previous use information beyond the evaluation studies was located.
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TRAINING
A dietitian, nurse, or health promotion officer delivers workshops on positive parenting and incorporating physical activity at home. Preschool staff receive a manual for incorporating healthy eating activities into the preschool curriculum and complete a 1-day, off-site training to learn how to deliver the physical activity program, Fun Moves.

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from preschool staff and teachers; understanding that parents are encouraged to attend positive parenting courses as part of the program, and these courses may require a fee; recognizing that preschool staff are expected to deliver both components of the program; and finding time to incorporate the program into an already existing curriculum.

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 Tooty Fruity Vegie Project, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
The program lasts 10 months.

COST
No information on implementation costs was available.

EVALUATION PLAN
To move Tooty Fruity Vegie Project to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you 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.
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You may also contact Lisa Barnett by phone +61 3 924 46177 or email lisa.barnett@deakin.edu.au

SOURCE

www.militaryfamilies.psu.edu