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| **Are community-based initiatives effective for increasing family fruit and vegetable intake? Yes, but not to recommended levels** |
| **Background/Objectives**Inadequate fruit and vegetable intake (i.e., <400g of fruit and vegetables; or less than two serves of fruit and three serves of vegetables) contributed to 6.7 million death globally in 2010. Cost, availability, and accessibility are major barriers to intake of sufficient and a variety of fruit and vegetables. This study aimed to systematically investigate the effectiveness of community-based initiatives for increasing fruit and vegetable intake in families, and to identify the characteristics of successful initiatives and of their participants. **Methods**We conducted a systematic review and searched six electronic databases in April-May 2018. Studies were included if they: 1) were community-based initiatives with a primary focus on increasing fruit and vegetable intake; 2) involved families as the unit of intervention; 3) had a comparison/control group; 4) reported effects of the intervention on fruit and vegetable intake. Initiatives that were government-led, school-centric, involved parents as passive recipients, or did not specify community engagement strategies were excluded. We extracted data on study design, participant characteristics, intervention components, and measures of fruit and vegetable intake. **Results**Out of eight included studies, six found a significant increase in children’s fruit and vegetable intake; one reported a significant increase in parents’ intake of fruits and vegetables; three studies showed intervention effects sustained over six months, while one study reported evidence of increased fruit intake at three months. However, fruit and vegetable intake were still below recommended levels despite improvements. Common elements of initiatives showing benefits in fruit and vegetable intake in families over six months included taking a multi-component approach, using nutrition education as part of a suite of strategies, and actively involving parents. Half the included studies involved participants of low socioeconomic status and only one was conducted in a low-middle income country.  **Discussion**A small amount of evidence demonstrates that community-based initiatives are effective for increasing fruit and vegetable intake in families but not enough to meet World Health Organization recommendations. Studies to date highlight that greater efforts are needed to reach families from disadvantaged backgrounds and to promote higher intake of fruits and vegetables for better health. **Keywords**Community, fruit and vegetables, diet, family, children, health promotion |