

# Fruit & Veg Month – how the canteen can get involved

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The theme of this year's Fruit & Veg Month is **Rainbow Journey**. Students will be learning the importance of eating a rainbow of different coloured fruit and vegetables every day during activities in the classroom. It is a great idea to continue with the theme in the canteen during this time and encourage children to eat (or try!) a rainbow of different coloured fruit and vegetables. Here's how the canteen might get involved:

## 1. Serve a rainbow of fruit & veg (F&V) in your canteen

- Sell colourful bags or cups of different F&V. These look very appealing and kids love them!
- Serve a rainbow salad at lunch (it can include lettuce, grated beetroot, grated carrot, cucumber, tomatoes).
- Sell a different coloured fruit or veg each day for a week with signs around the canteen to promote it. For example, get your green fix today with a green apple.
- Sell a Fruit & Veg Month meal deal with a veggie filled salad or sandwich, piece of fruit and water.
- Create limited edition F&V menu items such as veggie filled muffins or blueberry pancakes, smoothies, special salads, fruit salad or fruit kebabs.
- Provide discounts on certain F&V containing foods during Fruit & Veg Month.

## 2. Create a F&V tasting plate

- Overwhelmingly, teachers report how successful a tasting plate is in class at getting kids to try fruit and vegetables that they otherwise might not eat. Talk to teachers about providing a tasting plate for their classroom, have a tasting plate at the canteen window, or ask some year 6 students to volunteer and distribute a tasting plate at recess.

## 3. Have a F&V competition

- Display an exotic or unusual fruit or vegetable in the canteen (it can be the real thing or a close-up picture) and ask students to enter a competition to guess what it is. The prize could be something from the canteen such as a fruit smoothie or free salad. Some ideas include star fruit, dragon fruit, and mangosteen.

## 4. Use posters and displays to promote your Fruit & Veg Month specials or activities

- Print and display posters to promote your Fruit & Veg Month specials.
- Create a F&V sculpture or picture and display it at the counter.

## 5. Ask a local F&V supplier to present at school assembly

- Coordinate with teaching staff and organise a local F&V supplier to present at the school assembly. Ask them to supply produce that is being talked about in the classroom. Talk to teaching staff about this.