



Fruit & Veg Month coordinators: please photocopy this page and give it to your canteen manager when you discuss plans for Fruit & Veg Month with them.



Calling

all canteen managers

Getting the canteen involved in Fruit & Veg Month can really help to bring home the ‘vegetables taste good’ message.

Upsize on the veg!

Make Fruit & Veg Month a time to trial some new menu items that are heavy on the veg!

The class posters for this year’s Fruit & Veg Month use vegetable stickers to recreate common dishes (pasta, soup, salad and sandwiches) that have heaps of vegetables. Why not bring this message to the canteen by upsizing the amount of vegetables in some of your standard menu items?

In order to get students tasting your new upsized-veg offerings, provide the extra vegetables at no extra cost. Ask the parent body for funds or ask your local greengrocer or supermarket for donations.

If the new upsized vegetable dishes are a success, consider increasing the cost of your less healthy menu items to cover the ongoing cost.

Why not try these ideas for your new (or modified) menu items:

- Add vegetables to all your sandwiches, burgers and wraps as standard. Rename the menu items for the month, if need be, to alert students to the change.
- Provide a side salad with all hot meals as standard. Make the salad appealing and easy to eat with bite-sized pieces of cut up crunchy veg.
- Sell a create-your-own vegetable snack cup at recess. Have a selection of cut up vegetables on offer that students can pick and mix to fill the cup. Add dip and/or cheese to provide extra flavour. And don’t forget a fork.
- Make your own pasta sauce or soups that include lots of vegetables. See the Healthy Kids website (www.healthy-kids.com.au) for recipe ideas.

Create a fruit and veg tasting plate

Teachers are always telling Healthy Kids that a tasting plate in class is successful 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 to distribute a tasting plate at recess.

Have a vegetable guessing competition

Display an exotic or unusual 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 vegetable and dip snack cup or a free salad.

Advertise your Fruit & Veg Month menu specials

Make it easy for students and staff to see the Fruit & Veg Month specials you are selling.

Develop a display poster or put up photos of the menu items, along with their prices. Put up the poster or photos outside the canteen or make multiple copies to distribute around the school. If time is an issue, approach the teaching staff to see if a class can take on this project prior to Fruit & Veg Month.

And don’t forget to put a note in the school newsletter and on the school website to let the parents know too.