



GET

LOUD

IN THE CANTEEN

Attention canteen managers

Did you know that the canteen has an important role in linking healthy eating messages taught in the classroom to what students actually eat? Try some of these ideas during Fruit & Veg Month to get students (and staff!) eating more fruit and vegetables. You might even find you can continue on with some of these ideas over the long term.

Get loud with Fruit & Veg Month specials

Make Fruit & Veg Month a time to trial some new menu items that upsize on fruit and vegetables. You can create new menu items or just bump up the fruit and vegetables on some old favourites.

In order to get the students trying your new offerings, include the extra fruit and vegetables as standard and without increasing prices. Ask for donations from local greengrocers or supermarkets, or ask the parent body for donations to fund the extra cost. If the new menu items are a success, and you want to continue with them, increase the cost of less healthy menu items to fund the ongoing cost.

Try these ideas to increase the fruit and vegetables on the canteen menu:

- Provide a piece of fruit or a small fruit salad with each meal
- Include a side salad with all hot meals
- Add vegetables to all your sandwiches, burgers and wraps
- Sell a 'create your own' fruit salad or vegetable snack cup at recess. Have a selection of cut items ready to go so students can choose what items they want to fill their cup with. Top with a dollop of yoghurt for a fruit salad cup or some cheese or dip (e.g. hummous or guacamole) for the vegetable cup. Don't forget to provide a fork!

Get them tasting

Teachers are always telling the Healthy Kids Association that a tasting plate in class is successful at getting students to try fruit and vegetables that they might not otherwise eat. The canteen is the perfect place to make this happen for the whole school.

Talk to teachers about providing a tasting plate for their classroom, ask some Year 6 students to pass around tasting plates at recess or set up a tasting plate at the canteen.



Keep them guessing

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 a canteen voucher.

Promote it!

Decorate the outside of the canteen with posters that promote the 'Get Loud' message.

Download and print out the A3 sized 'Get Loud for Fruit & Veg!' canteen poster from the Fruit & Veg Month webpage (www.fruitandvegmonth.com.au) to display your Fruit & Veg Month specials.

Or ask teachers to provide you with any suitable student work from the Fruit & Veg Month classroom activities. Many of the activities involve the students creating work that promotes fruit and vegetables.