

Be **HAPPY** in the canteen!



ATTENTION CANTEEN MANAGERS:

The canteen has a vital role in supporting the healthy eating messages of Fruit & Veg Month. Help your teachers and parents by offering menu items that encourage students to eat more fruit and vegetables. Try these ideas - they may even become new canteen favourites!

If you're happy and you know it...promote it!

Let your school community know that the canteen is celebrating 'Happy Fruit & Veg'tember'!

- Decorate your canteen with posters that promote the 'Happy Fruit & Veg'tember' message
- Download and print out the A3-sized 'Happy Fruit & Veg'tember' canteen poster from fruitandvegmonth.com.au to display your Fruit & Veg Month specials
- Print out and use the 'Happy Fruit & Veg'tember' logo stickers on your special items
- Ask teachers to provide you with any suitable student work from the Fruit & Veg Month classroom activities

Max the fruit and veg!

Squeeze more fruit and vegetables into your current menu items by:

- Adding extra vegetables to your cooked main dishes. Canned legumes or frozen vegetables are an easy, and often cheaper, way to do this
- Adding fruit to any of your baked sweet items (e.g. pancakes, pikelets and scones). You can use fresh, frozen, canned or even dried fruit
- Including vegetables in all your sandwiches, burgers and wraps as standard
- Providing a piece of fruit, small fruit salad or small side salad with all your meals

Happy snacks

Experiment with some new fruit and vegetable based Everyday snack ideas over the month. If they are a success, keep them.

Try some of our favourite *Happy snacks* ideas – you can find recipes for these on our Fruit & Veg Month webpage – fruitandvegmonth.com.au

To get students tasting them, provide free tasting plates – provide small tasting portions on a platter on the front counter or ask senior students to offer them to students in the playground.

Keep them laughing

Place a daily fruit and vegetable joke or quiz question on the wall outside your canteen. You can find a selection of jokes and quiz questions at fruitandvegmonth.com.au

Or why not run a student competition each week? Students can write their joke, name and class on a slip of paper and place it in a box outside the canteen. At the end of each week, pick a winner. The winning joke can be read over the school PA.

How do you cover the extra cost?

Ask local greengrocers or supermarkets to donate fruit and veg for the month. Most will be happy to do so, especially if you give them a mention in your school newsletter or on social media. Or you can ask your parent body (P&C/P&F) for donations – most parents will be happy to support something that encourages their kids to eat more fruit and veg!