



## Did you know?

Only 1 in every 20 Aussie children (and adults!) are eating enough fruit and vegetables.

### Family Challenge

# What can you do to help your kids eat more fruit and veg?

Children eat more fruit and vegetables when parents eat them, and when they are readily available and accessible at home.

We know that the more fruits and vegetables you offer your family, the more likely they are to eat more. So, this Fruit & Veg Month, we challenge your family to get adventurous. Introduce a new fruit or vegetable each week of the month of September, let us know about it and be in the running for a great prize pack!

We understand that it can be hard to introduce new fruits and vegetables if you aren't sure how to prepare or cook them. So, to help you, we have developed an easy reference guide. However, you might find some other delicious ways to serve up new fruit and veg to your family.

**Get happy with fruit & veg this September!**

### Don't be discouraged!

You may have to put a new fruit or vegetable on the table many times before it becomes a family favourite.

### Keep it relaxed...

Forcing kids to try foods will backfire. Keep mealtimes positive and encourage your kids to try the new foods and dishes. Use descriptive praise and non-food rewards. Try things like stickers, a later bed-time or a post-meal family game.

### Cost and availability an issue?

Frozen, canned and dried fruits and vegetables are all good alternatives. Look for products without added salt, fat or sugar.

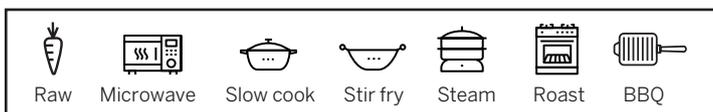


## Vegetables

Asparagus	Avocado
Bamboo shoots	Bitter melon
Broccoli/Broccolini	Capsicum
Brussels sprouts	Celery
Asian greens	Cucumber
Cabbages	Eggplant
Cauliflower	Green beans
Kale	Green peas
Lettuce	Mushrooms
Silverbeet	Okra
Snowpeas	Pumpkin
Spinach	Sprouts
Beetroot	Squash
Carrots	Sweetcorn
Celeriac	Tomato
Fennel	Zucchini
Leeks	Black beans
Onions	Borlotti beans
Parsnip	Cannellini beans
Potato	Chickpeas
Radish	Black-eyed beans
Shallots	Lentils
Spring onions	Lima beans
Swede	Red kidney beans
Sweet potato	Split peas
Taro	Soy beans
Turnip	

## Fruit

Grapefruit	Pawpaw
Lemon	Rambutan
Lime	Blackberry
Mandarin	Raspberry
Orange	Strawberry
Tangerine	Apricot
Apple	Cherry
Loquat	Nectarine
Pear	Peach
Quince	Plum
Banana	Feijoa
Guava	Fig
Mango	Grapes
Melons	Kiwifruit
(e.g. watermelon, rockmelon, honeydew)	Lychee
Pineapple	Passionfruit
	Pomegranate



## Need some more inspiration?

### Raw ideas

- Use a peeler to thinly shave some of the vegetables and include in a salad, e.g. asparagus, beetroot, carrots, celeriac, fennel, radish and zucchini
- Add raw stone fruits and berries to a summer salad

### Microwave ideas

- Add a splash of cold water to diced fruits. Cover with a lid or cling film and cook on high for a few minutes for stewed fruits
- Prick and microwave whole potatoes and sweet potatoes before roasting to cut down the cooking time

### Slow cook

- Make your own flavoured baked beans using dried or canned beans, e.g. borlotti, cannellini, lima or red kidney beans
- Slow cookers are a great way to make homemade chutneys and jams with your berries and stone fruits

### Stir fry ideas

- Add some fruit to your stir fry for a healthier sweetness, e.g. apricot, mango, pineapple, or lychees
- When stir frying harder vegetables try adding a little water after a few minutes. This will help soften with the steam and prevent them burning

### Steaming ideas

- Place herbs, spices or edible leaves in your steaming water to infuse extra flavour. Try ginger, garlic, lemongrass, or lime leaves
- Use a bamboo steamer to steam your vegetables. Serve them on the table in the steamer with the lid on. This will help to keep them hot and makes an interesting serving dish!

### Roasting ideas

- Try roasting vegetables whole in the oven with spices and a little canola spray. Try broccoli, brussels sprouts, cauliflower, fennel, and sweet potato (skin on).
- Roast vegetables before making a soup to give a richer flavour, e.g. tomatoes, cauliflower, sweet corn, carrots and pumpkin

### BBQ ideas

- BBQ stone fruits to give them a great chargrilled flavour and bring the natural sugars out. Serve with yoghurt for a dessert
- BBQ your lemon halves to drizzle over fish, meats and chicken to add a roasted flavour to your lemon juice
- Marinate your vegetables before placing on the BBQ. Try this with asparagus, fennel, mushrooms and zucchini