

Fruit and veg adventures 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!

Up the fruit and veg now

Add more fruit and vegetables to your menu in a 'superhero flash' by adjusting your current menu items.

- Add extra vegetables to your cooked main dishes. You can use canned legumes or frozen vegetables as an easy, and often cheaper, option
- Add fruit to your sweet baked items (e.g. pancakes, pikelets and scones). Use fresh, frozen, canned or dried fruit
- Add vegetables to all of your sandwiches, burgers and wraps over the month. Let the kids know it's in honour of Captain Fruit N Veg
- Provide a piece of fruit, small fruit salad or small side salad with all your meals

Let them know Captain Fruit N Veg is in the canteen!

Let your school community know that the canteen is involved in 'The Adventures of Captain Fruit N Veg!'.

- Download and print out the A3 sized 'The Adventures of Captain Fruit N Veg!' canteen poster from the Fruit & Veg Month webpage (www.fruitandvegmonth.com.au) to display your Fruit & Veg Month specials
- Print out and use the 'The Adventures of Captain Fruit N Veg' logo stickers on your special items
- Decorate your canteen with any suitable student work from the Fruit & Veg Month classroom activities, e.g. posters, drawings, cartoons
- Run a 'What is Captain Fruit N Veg eating today' competition. Choose a menu item that contains fruit or vegetables and ask students to guess which one. You can give clues if you wish too. The prize could be a small canteen voucher worth \$1 or \$2

Use superhero tactics!

Create some superhero menu items as Fruit & Veg Month specials. Here are some quick ideas to get you started.

- Hulk Fritters – see the Fruit & Veg Month webpage (www.fruitandvegmonth.com.au) for the recipe and 'how to' video'
- Provide a selection of ready to go fruit and veg items for a make-your-own fruit salad or vegetable snack cup. Give each fruit and veg a superpower – e.g. 'night vision' carrots, 'ice cool' cucumber, 'super sweet' strawberries or 'jet pack' banana. Students can then choose what items they want and add a topping – a dollop of yoghurt for a fruit salad cup or some cheese or dip (e.g. hummus or guacamole) for the vegetable cup
- Look out for more canteen menu item ideas in the 'Get Ready' newsletters

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 getting adventurous with fruit and veg!