**School Newsletter Snippets (Fruit & veg superheroes at home)**

These newsletter snippets can be included in your school newsletter, website, or in social media posts to encourage parents to include more fruit and vegetables in their families meals and snacks.

Include them weekly over Fruit & Veg Month to bring the “eat more fruit and veg” message home to parents and carers.

Don’t forget to include the event logo if you need an image. A downloadable copy can be found on the Fruit & Veg Month 2019 Resources webpage

<https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2019-resources/>).

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***School Newsletter Snippet (Fruit & veg superheroes at home) #1***

**Fruit & veg superpower your snacks!**

*Did you know only about 5% of NSW children eat enough vegetables? And the statistics are similar for adults. Our school has registered for Fruit & Veg Month – a fun and educational health promotion event that puts a positive focus on fruit and vegetables.*

*To encourage our school families to eat more fruit and vegetables we will be sending home hints and tips over the month.*

Superpower your family snacks by including more fruit and veg:

* Put out of plate of chopped fruit and/or vegetables with every snack. You’ll be amazed at how much more fruit and veg your kids will eat if it is accessible and ready to eat…now!
* Hot day? Freeze up some pineapple slices or grapes to cool the kids down. Cold day? Make up some tomato and cheese or mushroom and baked bean toasties to warm them up!
* Cook up some heavy-on-the-fruit-or-veg muffins and fritters for lunchbox snacks. Most recipes can be prepared in bulk and frozen until needed

For more ideas check out the recipes on the [Fruit & Veg Month 2019 Recipes webpage](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2019-recipes/).

If you require more information on what activities our school is doing over Fruit & Veg Month, please contact the school or your child’s teacher.

{insert details} Fruit & Veg Month School Coordinator

***School Newsletter Snippet (Fruit & veg superheroes at home) #2***

**Fruit & veg superpower your meals!**

*Did you know only about 5% of NSW children eat enough vegetables? And the statistics are similar for adults. Our school has registered for Fruit & Veg Month – a fun and educational health promotion event that puts a positive focus on fruit and vegetables.*

*To encourage our school families to eat more fruit and vegetables we will be sending home hints and tips over the month.*

Superpower your family meals by including more fruit and veg:

* Make sure you include fruit or vegetables at every meal. The more meals that contain fruit and vegetables, the more fruit and vegetables your family will eat!
* Up the veg in an instant in your family dinner faves – add a can of legumes (e.g. chickpeas, lentils, cannellini beans, borlotti beans or kidney beans) and some frozen cut up vegetables. Sorted!
* Time poor at meal times? Prepare vegetables in advance or use frozen or canned vegetables (no added salt)
* No fresh fruit in the house? Have canned fruit in natural juice on standby for breakfasts or after dinner treats with yoghurt or custard

For more ideas check out the recipes on the [Fruit & Veg Month 2019 Recipes webpage](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2019-recipes/)

If you require more information on what activities our school is doing over Fruit & Veg Month, please contact the school or your child’s teacher.

{insert details} Fruit & Veg Month School Coordinator

***School Newsletter Snippet (Fruit & veg superheroes at home) #3***

**Be a fruit & veg superhero yourself!**

*Did you know only about 5% of NSW children eat enough vegetables? And the statistics are similar for adults. Our school has registered for Fruit & Veg Month – a fun and educational health promotion event that puts a positive focus on fruit and vegetables.*

*To encourage our school families to eat more fruit and vegetables we will be sending home hints and tips over the month.*

Encourage your family to eat more fruit and vegetables by being a fruit & veg superhero:

* Show your kids how often you eat fruit and veg – include them in all your meals and snacks too!
* Talk with your kids about which fruit and veg are your favourites and why you think they are superheroes. Kids live in the moment so taste, texture, and superpowers like going fast and having super strength are what matters to them
* Get your kids involved in meal planning and shopping. Put a focus on deciding which fruit and vegetables you will include in your meals and snacks\*

\*Cost or availability an issue? Frozen fruit and vegetables or canned vegetables (no added salt) or canned fruit (in natural juice) are great too!

If you require more information on what activities our school is doing over Fruit & Veg Month, please contact the school or your child’s teacher.

{insert details} Fruit & Veg Month School Coordinator

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***School Newsletter Snippet (Fruit & veg superheroes at home) #4***

**Use superhero tactics to up the fruit & veg at home!**

*Did you know only about 5% of NSW children eat enough vegetables? And the statistics are similar for adults. Our school has registered for Fruit & Veg Month – a fun and educational health promotion event that puts a positive focus on fruit and vegetables.*

*To encourage our school families to eat more fruit and vegetables we will be sending home hints and tips over the month.*

Superheroes are persistent and never give up!

* Despite setbacks, keep putting the fruit and veg on the table and in the lunchboxes
* Some parents choose to hide fruit and veg in dishes. That can help but it is still important that kids learn to enjoy fruit and vegetables. So make sure you continue to put the fruit and vegetables out in full view as well
* Don’t force your kids to eat fruit and vegetables but do give them lots of descriptive praise or non-food rewards for trying them. To keep with the superhero theme, you could chart how superpowered your family is – how many different fruit and veg did you try over a week?

If you require more information on what activities our school is doing over Fruit & Veg Month, please contact the school or your child’s teacher.

{insert details} Fruit & Veg Month School Coordinator