

# CARE FOR THE PLANET IN THE CANTEEN

## ATTENTION CANTEEN MANAGERS:

Your canteen is so important in supporting the messages of Fruit & Veg Month. For this year's event, you can help the kids and the planet three simple ways:

Encourage students to eat more fruit and vegetables

Choose local and in season fruit and veg

Take steps to reduce food waste in the canteen

## INCLUDE MORE FRUIT AND VEGETABLES

**They're not just good for us – fruit and vegetable production is friendlier on the planet too!**

However only around 5-6% of Australian adults and children are actually eating the recommended serves of fruit and vegetables each day. You can help your customers (the kids!) eat more fruit and vegetables by including more of them in your menu items, pricing them favourably, and placing them in prominent positions.

### Try some of these ideas:

- Aim for vegetables to make up around half of your main dishes
- Replace half the animal protein (meat, chicken, fish) in recipes with vegetables
- Provide a piece of fruit or fruit salad with every main meal
- Add a piece of fruit or vegetable sticks with your meal deals
- Add fruit and vegetables to your snack options. For example, add fruit pieces to frozen juice/milk cups and include vegetable sticks with cheese and crackers
- Increase the cost of Occasional items to ensure the fruit and veg-heavy items are affordable
- Place fruit and veg-based snacks on the front counter to increase sales. Kids, especially the younger ones, buy what they can see!

## CHOOSE LOCAL AND IN SEASON FRUIT AND VEGETABLES

- Review your menu and see how you can reduce the amount of out of season fruit and vegetables by swapping them for in season or canned/frozen options. Use the Sydney Market seasonality guide at [sydneymarkets.com.au/markets/produce-market/whats-in-season](https://sydneymarkets.com.au/markets/produce-market/whats-in-season) or talk to your supplier
- Grow your own canteen-ready supply of quick growing crops. The fastest growing crops tend to be the leafy greens: lettuce, spinach, Chinese cabbages, rocket and radishes. Use recycled food containers (with drainage holes) or donated pots. Place them close to the canteen both for quick access and a great look
- Find out if there are local growers in your area who would be willing to supply your canteen with fresh fruit and vegetables or advertise in the school newsletter for parents to donate excess home grown produce to the canteen

**There are also some bonus Planet Fruit & Veg! canteen resources available at [fruitandvegmonth.com.au](https://fruitandvegmonth.com.au)**

## DON'T WASTE FRUIT AND VEGETABLES

Wasting fruit and vegetables means wasting all the resources it takes to grow and get them to your canteen – including money. On top of this, fruit and vegetables that end up in landfill contribute to global warming through the production of greenhouse gases.

**Here are some ideas for rethinking fruit and veg waste in your canteen:**

- Undertake a fruit and vegetable waste audit in your canteen. Either do this yourself by observing and tallying your food waste or ask the Stage 3 teachers if their classes could take it on as a maths task
- Using the audit or through observation of work practices, work out which fruit and veg waste is 'avoidable' (eg. food not being used in time), 'unavoidable' (eg. always inedible such as banana skins) or 'possibly avoidable' (eg. peeling vegetables unnecessarily). Put some actions in place to reduce the 'avoidable' and 'possibly avoidable' waste
- Looking for recipes that can help you deal with past-their-best fruit and veg? Check out some of our recipes at [healthy-kids.com.au/school-canteens/managing-a-canteen/food-waste-in-the-canteen/](https://healthy-kids.com.au/school-canteens/managing-a-canteen/food-waste-in-the-canteen/)