

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

IS YOUR FAMILY EATING ENOUGH FRUIT AND VEGETABLES?

The simplest way is to include fruit and veg at each meal and snack.

Read on for some simple tips.

The main idea? Make sure the fruit and veg are out there and easy to eat!



Breakfast

- put out a plate of ready-to-eat fruit for adding to cereal bowls
- make a jug of breakfast [fruit or veggie smoothie](#)
- serve up cooked vegetables (e.g. mushrooms, spinach and tomatoes) and/or baked beans to go with toast



Morning Tea/ recess

- include fresh fruit and veg, either chopped or whole
- add a small container of canned fruit or canned beans to lunchboxes
- make [vegie fritters](#) using leftovers



Afternoon Tea

- have a plate of ready-to-go fruit and vegetable pieces sitting out at eye line for hungry hands
- make heavy-on-the-veg toasties and jaffles– try cheese, spinach and tomato, baked beans or cheese and mushroom
- get the kids involved in making [fruit wands](#) or, for those hot summer afternoons, serve up a plate of frozen fruit (pineapple, grapes, banana and watermelon all work well)



Lunch

- use vegetable-based spreads in sandwiches, wraps and rolls. This could be as simple as using avocado, hommous, roast pumpkin or sweet potato. Or try vegetable spreads based around beetroot, capsicum, or mushy green peas
- try making veg-centric lunches like falafel, cucumber sushi, mini vegetable pizzas or veggie patties
- add a container of chopped veggies, side salad or fruit salad to lunchboxes



Dinner

- set out a plate of chopped veggies on the table as pre-dinner snacks – you'll be amazed at how much your family will eat while they are waiting for dinner. Be prepared to refill the plate...
- modify your regular family recipes to include more vegetables
- after dinner is finished put out the fruit bowl, canned fruit or a fruit salad for a sweet end to the day



Do you have some other great ideas for including fruit and vegetables at meals and snacks?

Post them to social media (Facebook, Twitter or Instagram) and include the tags [#planetfruitandveg](#) [#fruitandvegmonth](#) [#healthykids](#).