

**Fruit & Veg Month Coordinators:** please photocopy this page and give it to your canteen manager. A PDF copy can also be found at [healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources).

## Attention Canteen Managers:

Help kids learn about local fruit and veg by putting them front and centre in the canteen!

To help you spread this year's message, we have come up with a few ideas to get you started. These ideas also align with the NSW Healthy School Canteen Strategy ([healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy](https://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy)).

# Go local with fruit and veg in the canteen

## Choose local and in season fruit and vegetables

- In season produce often makes for fresh, tasty and cheaper meals! Take a look at your menu and see how you can include more in season fruit and vegetables. Using seasonal produce can help with menu planning and keep the menu interesting! To see what fruit and veg are in season, use this guide from Sydney Markets: <https://www.sydneymarkets.com.au/markets/produce-market/whats-in-season/summer.html>. You can also talk to your fresh produce supplier or local greengrocer.
- Grow your own canteen-ready supply of quick-growing crops. These tend to be leafy greens like lettuce, spinach, Chinese cabbages, rocket and radishes. Use recycled food containers (with drainage holes) or donated pots. Place them close to the canteen for quick access and a great look.
- Find out if there are local growers willing to supply fresh fruit and vegetables to the canteen. You can also ask via the school newsletter for donations of excess home produce.

## Link school garden to the canteen

School gardens are a great opportunity to connect students to growing food. Fresh produce grown at the school can encourage students to eat more fruit and veg. So why not link the school garden to the canteen? The canteen can use the produce in menu items or use the excess for free tastings!

Have a look in the school garden and see what is currently being grown. Think of ways the canteen can use the produce. Then meet with staff in charge of the garden to discuss how to involve the canteen. Ask how members of the school community can help e.g. planting, maintenance and harvesting.

If the school doesn't have a school garden, speak with the parent body and/or principal about the idea. Particularly, what produce you would like to grow and how the garden will benefit the school. Then seek volunteers to help set up and maintain the garden. There might be even parent experts in your school community!

**Need ideas for canteen recipes? Go to [healthy-kids.com.au/fruit-veg-month-2022-recipes](https://healthy-kids.com.au/fruit-veg-month-2022-recipes)**

## Give your menu a fruit and veg boost

Boosting fruit and veg on the menu can be the canteen's part in helping kids eat more and a greater variety of them. Below are some quick and simple ways to include more fruit and veg in your menu items. Don't forget to promote these items because they deserve the spotlight!

- Aim for vegetables to make up around half of your main meals
- Create meal deals that include a piece of fruit, fruit salad or veggie sticks
- Add fruit and vegetables to your canteen-made snacks. You can add fruit to pikelets, scones and yoghurt cups. Berries, mangoes and bananas are some fantastic fruit additions. You can add vegetables to mini pizzas, savoury muffins, scrolls and open melts. Mushrooms, tomatoes, capsicum and spinach are great options for veg additions.
- Place fruit and veg-based snacks at the front of your sales counter so they are on display to kids. You can also get creative with the presentation! Using trays, stands and signs add extra appeal.
- Asking for donations can help keep the costs of your fruit-and-veg-heavy items low.

## Throw a garden party

Show off your luscious school garden by hosting a morning tea for the school community. Food tastes better when shared! The food can feature the produce grown in the garden.

**Below is a list of some garden party food ideas:**

- Veggie muffins and slices using carrot, zucchini or spinach
- Salads and sandwiches using lettuce, carrot, tomato and cucumber
- Fruit salads
- Veggie sticks and dip

**You can also use this opportunity to:**

- Give guests a tour of the garden
- Showcase sample canteen dishes made from garden produce
- Attract volunteers for the garden and/or canteen
- Exchange recipes ideas or gardening tips