Fruit and Veg Month
24th August to 18th September

It is that time of the year again. Yes! it is Fruit and Veg Month. This term our school is planning a variety of activities to celebrate Fruit and Veg Month to promote eating fresh and healthy fruit and vegies in a fun and positive learning environment. This year’s Fruit & Veg Month theme is ‘Let’s Go Green!’ and the mascots for the month are Dirtgirl and Costa Georgiadis. ‘Let’s Go Green!’ is all about eating more fruit and vegetables (of course!) and about being sustainable with our food waste.

We would like to encourage all parents to continue this healthy message at home by increasing the amount of fruit vegetables the whole family are eating. Here are some simple tips to increase the fruit and vegetables in your meals and snacks.

- Add chopped fruit (e.g. bananas, strawberries, apples) to breakfast cereals
- Add extra salad ingredients to sandwiches (e.g. tomato, lettuce, cucumber, beetroot, grated carrot)
- Add grated vegies (e.g. carrot, zucchini) into homemade beef burgers and bolognaise sauce.
- Add extra vegies (e.g. pumpkin, broccoli, sweet potato, beans) into casserole and stir fries
- Have sliced vegies (e.g. capsicum, mushrooms, and celery) ready to go in the fridge for snacks and for a variety dip vegies into low-fat dip.
- Encourage fresh fruit for snacks and desserts.
- Use frozen, dried or canned fruit and vegetables for convenience or if fresh is not available.


Our School Canteen will be selling the following during morning tea and if there is excess at lunch as well. If there are any parents available on the following days to help prepare and sell the fruit and veg it would be greatly appreciated.

**Week 7 Wednesday 26th August**
Apple Slinky- an apple peeled and cut into a coil.
Provide own apple 50c purchased from the canteen $1.00

**Week 8 Monday 31st September**
Fruit Salad- Small tub of chopped winter/spring fruits.
Cost to be advised.

**Week 9 Monday 7th September**
Fruit Kebab-Selection of winter/spring fruits cut and served on a pop-stick.
Cost to be advised.

**Week 10 Monday 14th September**
On the Monday of week ten parents will be encouraged to help their child pack a healthy lunchbox which may include 2 fruits and 5 vegies. We will also be encouraging parents to use fewer wrappers and pack food items in recyclable packages or reusable packages.
Please complete the permission slip attached, stating all food allergies including fruit and veg
allergies, by Friday 28th August and return it to your child’s class teacher. If the form is not
complete then your child will miss out on fruit and veg tasting which may occur within the class or
school.

Keep checking the newsletter for updates on our Fruit and Veg and Crunch and Sip promotion.

Thank you
Miss Deanna Russo                         Mrs Margaret Bakhos
Fruit and Veg Coordinator                  Canteen

I _________________________parent of child____________________ class________
Would be able to help in the canteen on the following days. (Please circle your available Days)

Week 7 Wednesday 26th August
Apple Slinky- an apple peeled and cut into a coil.

Week 8 Monday 31st September
Fruit Salad- Small tub of chopped winter/spring fruits.

Week 9 Monday 7th September
Fruit Kebab-Selection of winter/spring fruits cut and served on a kebab stick.

Week 10 Monday 14th September
At this stage we do not require parents to prepare any fruit and veg, however, you may wish to offer
some of your time in the canteen.

Contact number:___________________________
Parent Signature________________

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