

Attention Canteen Managers:

Your canteen is so important in supporting the messages of Fruit & Veg Month. For this year's event, help the kids celebrate Festival Fruit & Veg by putting fruit and vegetables front and centre in your canteen. We've prepared a few ideas that build on the NSW Government's NSW Healthy School Canteen Strategy (healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy) but you can also come up with your own.

Throw a Fruit & Veg party in the canteen



Add more festive fruit and veg to your menu items

Bump up the fruit and veg in your standard menu items. It's an easy fix and one we know, from previous evaluations, is popular with canteen managers. So do your bit to help kids eat more fruit and vegetables by including more of them in your menu items. Don't forget to price them favourably, and place them in prominent positions.

Here are some ideas:

- Aim for vegetables to make up around half of your main dishes
- Provide a piece of fruit, fruit salad or veggie sticks with every main meal
- Add fruit and vegetables to your canteen-made snacks. For example: add fruit to your pikelets, scones, and frozen juice/milk cups; add vegetables to mini pizzas, savoury muffins and scrolls, garlic rolls and mini toasties – mushrooms, tomatoes, capsicum and spinach are great options for veg additions
- Ask for donations to help keep the cost of your fruit-and-veg-heavy items low. In the long term, also consider increasing the cost of 'Occasional' items so that these fruit-and-veg-heavy items remain affordable and can stay on your menu year round
- Place fruit and veg-based snacks at the front of your sales counter so they are the first thing the kids see

Put out the fruit and veg party food!

Fruit and vegetables make perfect party food. With their bright colours, interesting textures and ability to make you feel good they should be on every party menu. Help bring the party vibe to your canteen and encourage the kids to think about fruit and vegetables differently with these party food inspired 'Everyday' snack ideas:

- Carrot fairies – slice the carrots lengthwise, spread with avocado or hummus and sprinkle over finely chopped vegetables in a range of colours such as capsicum, cucumber and corn
- Layered fruit, yoghurt and fruit jelly cups – make up jelly with 99% fruit juice and gelatine. Fill the bottom 1/3 of a serving cup with the jelly, add yoghurt to fill the next 1/3 and then fill to the top with chopped fruit
- Mushroom breadstick pops – dip the top of each breadstick into avocado, tzatziki or hummus dip and add a de-stalked button mushroom to the top using the dip as the "glue". Top with a dollop of salsa. Display for sale in a tall glass

For more recipe ideas go to healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes.

There are also some bonus Festival Fruit & Veg! canteen resources available at healthy-kids.com.au/teachers/fruit-veg-month/2021-resources.

Decorate the canteen!

The canteen is the perfect place to decorate for a fruit and veg party. Think streamers, bright images of fruit and veg, a specials poster or two and maybe even a full colour copy of the super-bright Festival Fruit & Veg logo. Get staff and volunteers in on the act too and ask them to wear lots of bright colours. Let's fiesta!

Reduce your waste

Do your bit to help fruit and veg save the world and review your food waste. Fruit and vegetable waste that goes to landfill produces greenhouse gases and contributes to global warming.

So, what can you do to help?

- Undertake a food waste audit by observing and tallying your food waste
- Identify which waste is avoidable
- Change your practices to reduce avoidable waste
- Dispose of unavoidable waste by using composting, animals or worm farms. Landfill should always be the last resort!

For recipes to help you deal with fruit and veg that is past its prime go to: healthy-kids.com.au/school-canteens/managing-a-canteen/food-waste-in-the-canteen.

Put your money where it is needed

Encouraging small scale local producers is important for our communities and the environment. Use your canteen fruit and veg budget for good and seek out local producers where possible. You will be doing your part for the wellbeing of your neighbours.