

# FOOD FOR THOUGHT

Fruit & Veg Month Coordinators:  
please photocopy this page and  
give it to your canteen manager.  
You can find a PDF copy here:  
[healthy-kids.com.au/teachers/  
fruit-veg-month/fruit-veg-month-  
2023-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2023-resources)

## Attention canteen managers:

Help kids learn and enjoy 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)).

## Keep them learning

Write a daily fruit and vegetable fun fact on the wall outside your canteen. You can find a selection of fun facts or quiz questions on the [Fruit & Veg Month website](#).

Or why not run a student competition each week? Students can write their fun fact, name and class on a slip of paper and place it in a box outside the canteen.

At the end of each week, pick the most interesting fun fact as winner. The winning fun fact could be read over the school PA.



## Give them a taste

Experiment with some new fruit and vegetable menu items over the month. Try some of our recipe ideas on our Fruit & Veg Month recipe page: <https://healthy-kids.com.au/teachers/fruit-veg-month/2023-recipes/>

To get students tasting them, provide free tasting plates – provide small tasting portions on a platter on the front counter or ask senior students to offer them to students in the playground. Who knows, these items may even become new canteen favourites!

Hold fruit and veg colour theme days throughout the month. Create a platter of fruits and vegies of the same colour for students to try. Ask your local grocery store to donate some fruits and vegetables.

## Use science to increase fruit & veg in the canteen

Try these food scientist-approved tips and tricks to get kids to eat more fruit and veg:

- Place fruit and veg-based snacks on the front counter. Kids will buy what they can see.
- Children love having a say in what they eat. Sell a 'create your own' fruit salad or vegetable snack cup at recess. Have a selection of cut items ready to go so students can choose what items they want to fill their cup with. Top with a dollop of yoghurt for a fruit salad cup or some cheese or healthy dip for the vegetable cup, such as hommus or tzatziki.
- Use fun names for items e.g. 'power peas' or 'X-ray vision carrots'
- Offer fruit and vegetables in smaller bite-sized pieces so they're easier to eat
- Reward the purchase of fruit or vegetable-containing menu items with stickers



## More ideas

- Display an uncommon fruit or vegetable in the canteen and have a competition for students to guess what it is
- Choose local and in season produce, or produce from the school garden
- Decorate the canteen with posters, signs and bunting

