

Fruit & Veg for Schools. Ambassador Pack.



What is it all about?

We are suggesting that schools enlist the help of pupil 'Ambassadors' to increase whole school engagement and participation in the Fruit & Veg for Schools initiative.

Schools can appoint a small group of pupil Ambassadors, we suggest three to five. You may wish to recruit from your School Council or open the opportunity to all pupils. Ambassadors can enlist the help of a small team of others, if they wish.



The role of the Ambassadors will be to:

- encourage others to take part in the Fruit & Veg for Schools initiative;
- support and sign-post activities taking place in school related to initiative;
- help plan additional activities to make eating more fruit and vegetables fun and engaging.

You can use the resources in this pack to advertise for, recruit and brief your Ambassadors!

Thank your Ambassadors

At the end of each term, you could present a certificate of thanks to your Ambassadors, using the Fruit & Veg for Schools certificate available.



As part of the Stronger Starts Fruit & Veg for Schools initiative

Fruit & Veg for Schools. Ambassador Needed.



Our school needs Fruit & Veg for Schools Ambassadors

Our school is part of Fruit & Veg for Schools! This means that we'll be getting extra fruit and vegetables to eat in school.



We know that most children and young people aren't eating enough fruit and vegetables and are therefore missing out on important vitamins, minerals and fibre.

In order to help change this, we need Ambassadors to encourage pupils in our school to eat more fruit and vegetables and try different types. They will do this by being enthusiastic and planning activities and fun ways to tell others about Fruit & Veg for Schools and help them get involved!

Interested?

You can get a more details from: _____

Application closing date: _____

As part of the Stronger Starts Fruit & Veg for Schools initiative

**Stronger
Starts.**

 British
Nutrition
Foundation

Fruit & Veg for Schools.

Ambassador job description



You will need to be:

A role model for change

Confident about speaking to other pupils so you can tell them about Fruit & Veg for Schools and why eating more fruit and vegetables is important

Able to think of fun ways to help others meet the challenge of eating more fruit and vegetables

Enthusiastic so you can motivate others

A good leader



Fruit & Veg for Schools. Ambassador application form



Name: _____

Form/Class: _____

Give three reasons why you think you would be good for this job.

1. _____

2. _____

3. _____

Explain one or more of your ideas for promoting eating more fruit and vegetables and making it fun for others.

As part of the Stronger Starts Fruit & Veg for Schools initiative

Fruit & Veg for Schools.

Ambassador support Sheet



Dear _____

Congratulations on becoming one of our school's Fruit & Veg for Schools Ambassador.



What to do next?

Meet with the member of staff who will be helping the Ambassadors with their ideas.



Assemble your squad! Choose a few other pupils to help you.



Meet with your team to work on your plans.



Our 10 top Ideas to help you get started

Here are some ideas for ways you could promote fruit and vegetables in your school.

“Plan to do a presentation in assembly to tell others about Fruit & Veg for Schools, why eating more fruit and vegetables is important etc”

“Make a leaflet, or create a digital campaign, providing useful ideas and tips for how to eat more fruit and vegetables, especially a variety.”

“Plan a special lunchtime event based around fruit and vegetables. This could be once a term or more often if you have lots of good ideas!”

“Organise art, poetry or cooking competitions with the theme of fruit and vegetables.”

“Speak to the school catering team and get them onboard. Perhaps they could introduce a vegetable of the week or month?”

“Invite local companies into school to talk to pupils, staff, and parents and carers about what they produce or grow.”

“Start growing your own fruit and vegetables in school.”

“Run a weekly market stall and invite parents and carers to choose fruit and vegetables to take home to eat or cook with.”



“Start a fruit and vegetable tuck shop at lunch time, using the fruit and vegetables provided by the Fruit & Veg for Schools initiative.”

“Write information for the school website to let parents and carers know what is happening and how they can support.”

