

Fruit & Veg for Schools Parents' Booklet



Congratulations!

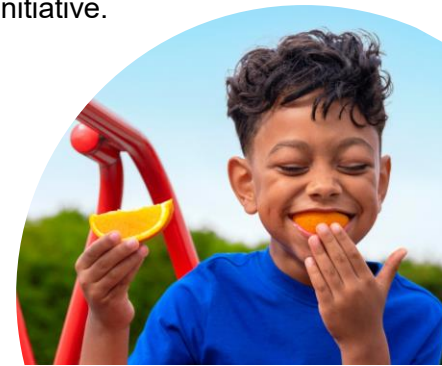
Your child's school is enrolled in the Stronger Starts Fruit & Veg for Schools initiative. This means that they get extra fruit and vegetables at school, every week.

As part of the initiative, we'd love you to get involved – this booklet contains information and ideas that you and your child can get involved with.

Congratulations! Your child's school is enrolled in the Stronger Starts Fruit & Veg for Schools initiative.

This means that they get extra fruit and vegetables at school, every week.

As part of the initiative, we'd love you to get involved – this booklet contains information and ideas that you and your child can get involved with.



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



5 A DAY ideas



1. Add fresh or canned fruit to breakfast cereal or porridge.
2. Have fruit or vegetable sticks as a snack.
3. Pack plenty of salad into a sandwich at lunchtime, or have a side salad.
4. Add plenty of vegetables to dishes like pasta sauces, stews or curries – frozen or canned vegetables can be a quick and easy!
5. Have fruit for pudding such as fruit salad, sliced melon or canned or dried fruit with plain yogurt.

Weekly Fruit & Veg Planner

Use the table below to write in the different fruit and vegetables in your family meals this week. Aim for a variety and try to get to 5 A DAY!

5 A DAY

We should all be getting at least 5 portions of fruit and veg per day.

A portion is 80g fresh and 30g dried for an adult.

For a child, it is the amount that fits in the palm of their hand.



Day	Breakfast	Lunch	Evening meal	Snacks
Mon	e.g. oranges	e.g. tomatoes, cucumber	e.g. sweet potato, black beans	e.g. apple, banana
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

What counts?

Fresh, frozen, dried and canned fruit and vegetables all count towards our 5 A DAY.

Fruit juice counts as a maximum of 1 portion per day (*servings should be 150ml or less*).



The importance of variety

Eating a variety of fruit and vegetables is important.

Different fruits and vegetables contain different nutrients that we need to stay healthy.

A good rule of thumb is to 'eat the rainbow' – aim to have lots of different coloured fruits and vegetables!