

Stronger Starts.

Fruit & Veg for Schools

13/02/2025



February newsletter

Since the launch of the scheme, pupils in the participating schools have enjoyed more than 2.4 million portions of fruit and veg, weighing more than 194,000 kilos!

The five most popular items of fruit were apples, bananas, satsumas, melons, and pears, while the most popular vegetable was carrots.

Thank you to all schools for submitting their monitoring reports. These reports allow us to continue to learn and improve the scheme.

We hope this newsletter is keeping you up-to-date with the latest 'Fruit & Veg for Schools' news and inspiring creative ideas, sharing, and learning from other schools in the scheme.

The team is here to support you every step of the way, so if you have any questions or feedback, please contact us at fruit.for.schools@tesco.com.

Henry
Tesco Relationship Manager, Fruit & Veg for Schools

First Term Monitoring Report– Thank you!

Thank you to everyone for completing the first-term monitoring report. We were thrilled to see the ways you are using the funding and to understand students' opinions and views around fruit and veg. The variety of products purchased has been amazing to see. Here are some fun facts about how you have been spending the funding:



Apples are the most popular fruit



Carrots are the most popular veg



Runner Beans are the least purchased/rarest

School Spotlight: Soup edition!

A warming soup is just the thing during these cold winter days—and a great way to use the fruit and vegetables you're buying.

St Paul's RC Primary School



Thanks to St Paul's RC Primary School, who shared with us that their young pupils prepared and cooked a fresh, delicious soup, which created a warm smell across the school.

St Clare's Catholic Primary School



St Clare's Catholic Primary School kindly invited us to their cookery class they ran with parents and pupils, teaching them how to cook a hearty and healthy soup

The Tesco website has some great recipes to try [HERE](#) and is a great way to get children trying cookery skills

A Recipe for success!

It's February and it's slow cooker season! All schools should have been contacted with the opportunity to receive a slow cooker, allowing you to facilitate and encourage your students to chop, tear, and dice veggies. Slow cookers are a great way for children to take an active part in making and preparing food. Why not build it into a morning lesson and then let the students take it home once cooked at the end of the day?

To celebrate all things healthy slow cooking, we have again worked with chef Poppy O'Toole, aka Poppy Cooks, to whip up some delicious and healthy recipes.

A massive thank you to Holly Hill School, Birmingham, who hosted Poppy and starred in our campaign across newspapers and social media—your enthusiasm was incredible!

Slow-cooker 'veggie fajita rice bowl'

Poppy O'Toole

Serves 4

Takes 4 hrs 5 mins

Ingredients

4 red peppers, deseeded and thinly sliced
2 red onions, thinly sliced
6 large garlic cloves, grated or crushed
3 sweet potatoes, peeled and cut into 1cm cubes
2 x 400g cans of kidney beans, drained
1 tbsp tomato purée
1 tsp ground coriander
1–2 tsp cayenne pepper
2 tsp smoked paprika
1 tsp ground cumin
2 tsp chilli sauce
300g cooked brown rice
Soured cream, lime
Wedges, slaw, guacamole, grated Cheddar and thinly sliced red chilli, to serve (optional)



Method 1. Put all the ingredients except the rice in the slow-cooker. Season with 1 tsp of salt and plenty of black pepper; stir well. Put the lid on and cook on high for 4 hrs until the veg is completely tender. Season with black pepper to taste and add 100ml water to make it more saucy, if you prefer.

Method 2. Serve cooked brown rice and, if you like, some soured cream, lime wedges, slaw, guacamole, grated Cheddar and sliced chilli for everyone to make their own fajita rice bowl.

Want more inspiration?

Find all of Poppy's recipes inspired by the Fruit & Veg for Schools programme including slow cooker recipes and more at: [Poppy O'Toole | Tesco Real Food](#)



More Fruit & Veg now available

As a reminder...the list of food items you can buy with your funding is now even bigger. Listening to your feedback, you can purchase the following items:

- Anything from our Fresh Fruit & Veg section (excluding nuts & raisins)
- Tinned fruit and veg (except those in syrup)
- Frozen Fruit & Vegetables

Quick reminder

Our partner, Groundwork, who have been working closely with you, all have asked us to remind you:

- **Contact changes:** If the primary contact for the programme changes in your school, then please let us know as soon as possible
- **Receipts:** you should be keeping all receipts every time you shop, which show proof that you are using the gift card correctly

If you have any questions, need clarity or would like to talk to us about the program then please contact us at fruit.for.schools@tesco.com

Smoothie Anyone?



Smoothies are a great way to use fresh or frozen fruit and veg and save on food waste.

Purchasing frozen fruit is a great alternative for smoothies, and while we can't provide the milk or yoghurt, we are allowing all our schools to purchase one smoothie maker from Tesco to support you.

The Tesco website has some great recipes to try [HERE](#).

We'd love to hear from you

Do you have photos or feedback from your students and their parents?

Reply to us [here](#) or use #StrongerStarts to share your social media posts and see what other schools are up to.

Thank you for being part of Fruit & Veg for Schools. We look forward to hearing from you!



Answers to your questions

We have been receiving several similar questions, which we've answered below:

Do I have to use the gift card in one go?

No, you can shop as often as you'd like. The gift cards will be topped up every two weeks, but we recommend you check the balance before doing a shop to make sure there's enough on the card.

Do I have to use the gift card in one store?

No, the gift card can be used in any Tesco store. We strongly recommend you shop in a large Superstore or Extra so there's enough quantities available.

Does the funding disappear every two weeks or at the end of term?

No, the funding will remain on the gift card until the end of the academic year.

How will I know my card is topped up?

If you've added your gift card to Apply Pay or Google Pay, you'll receive a notification when the card is topped up. Alternatively, you can check the balance of your Tesco Gift Card online at any time. Simply enter the 19-digit card number and PIN to see your balance and most recent transactions.

Can I buy butternut squash and pumpkins?

Yes. They make a delicious and very nutritious soup!

REMEMBER! You can [email Henry](#) with any questions you may have, he's always happy to help.

Quick Links

Don't forget to check out the supporting school resources, created by the British Nutrition Foundation: [HERE](#)

Want more recipe inspiration? Check out Tesco Real website: [HERE](#)

