

05/11/2024

# Stronger Starts

## Fruit & Veg for Schools



## *November newsletter*

Since Tesco Fruit & Veg for Schools launched we've been thrilled to see so many schools providing fresh fruit and vegetables to their pupils, whether it's for breakfast clubs, snack times, or any other part of the school day.

Through this newsletter, we'll be keeping you up-to-date with the latest programme news, sharing practical tips and highlighting creative ideas from other schools for inspiration.

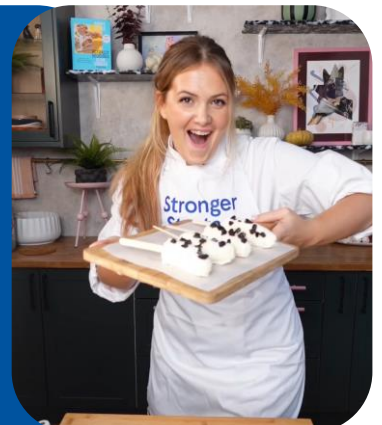
The team are here to support you every step of the way, so if you have any questions or feedback, please get in touch with us at [fruit.for.schools@tesco.com](mailto:fruit.for.schools@tesco.com).

**Henry**  
**Tesco Relationship Manager, Fruit & Veg for Schools**

### Did you spot...

...our Fruit and Veg for Schools ambassador Poppy O'Toole AKA @Poppycooks talk about the programme on her social media?

Check out her recipe for cherry and banana ice pops [HERE](#)





## More Fruit & Veg now available

**We've got great news!** The list of food items you can buy with your funding is now even bigger. Listening to your feedback, we have now added the following items:

- Frozen fruit and vegetables
- Potatoes and sweet potatoes
- Tinned fruit and veg (except those in syrup)

Frozen berry smoothie, anyone? Or a quick minestrone soup?

Scroll down for more recipe ideas, plus answers to your latest questions.

## Free Slow Cookers

**Started cooking classes with your pupils? Or want to start a slow cooker club? We have FREE slow cookers up for grabs this January!**

If you would like to receive a free slow cooker on top of your funding, then please register your interest [HERE](#) by 20<sup>th</sup> December

We will be back in contact with those who sign up in January to arrange for you to collect from your nearest Tesco store.

## Meet our team



The British Nutrition Foundation and Tesco are holding free online drop-in sessions for teachers **Thursday 14 November**.

Join us to find out how to get the most from our Fruit & Veg educational materials and how to get the whole school involved.

To reserve a spot at 4pm for primary schools click [HERE](#), and 5pm for secondary click [HERE](#).

If you can't join our drop-in sessions, you can email Henry [HERE](#) with any questions you may have.

## Quick Links

Don't forget to check out the School Resources – click [HERE](#)

## School Spotlight

There's skele-TONS to celebrate!

Henry recently visited Nant-y-Parc Primary School in Wales.

The pupils had a fun half-term homework project: turning these pumpkins into delicious, nutritious soup, and then using the empty shells to carve spooky jack-o'-lanterns. What a hands-on way to encourage healthy eating and seasonal creativity.



**Thank you** Nant-y-Parc Primary for hosting the visit.

Henry had the chance to hear directly from the children about their favorite fruits and veggies and learn more about how Tesco can continue supporting our local communities.

**Is there a similar activity you could consider trying at your school?**

## *Recipes to try with your class or cooking club*

A **warming soup** or **veggie curry** is just the ticket now the nights are drawing in – and a great way to use the fruit and vegetables you're buying. You could do this in a food tech or cooking class, or to send home with your students.

The Tesco website has some great recipes to try [HERE](#), or why not have a look at the 'Food – a fact of life' website for some culinary inspiration [HERE](#)?

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## *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.

And don't forget we are on hand to visit your school for support you may need – just reply to this email expressing your interest and we'll do the rest.

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 we buy containers to store fruit in?**

Yes. To find out the list of containers you can buy using your gift card, please [contact Henry](#).

## **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.

