Children are encouraged to ‘eat a rainbow’ of different coloured fruit and veg, so a range of different (even unusual!) fruit and veg are very welcome!

Ask your child to pick a fruit or vegetable at the green grocer to bring along for our shared fruit and vegie platters.

Platters are a great way to for children to enjoy fruits and vegies with their peers.

Not recommended for platters
- No tinned fruit in syrup
- No dried fruit coated in sugar
- No NUTS please
- No overripe fruit: save for home-made smoothies instead!
- No limp vegetables: great for soups and stews, but they do not appeal to students!

VEG out at home!
- Celery sticks with Extra Light cream cheese spread down the middle
- Wholegrain crispbreads with sliced tomato or cucumber slices and low fat cheese
- Pita bread or English muffin pizzas with tomato paste, capsicum, pineapple, mushrooms, lean ham and low fat cheese

FRUIT in a flash!
- Fruit salad, with low fat yoghurt as a dip
- Fruit kebabs with fruit chunks
- Cold pikelets with sliced banana and a dob of honey
- Fruit smoothie with low fat milk, yoghurt and a favourite fruit
- Raisin toast or sultana scones

Tips on sending fruit and vegies

Quick and easy snack ideas for home

Tips for Shared Fruit and Vegie Platters at school

Help your child to ‘eat a rainbow’ of veg and fruit

REFERENCE USED FOR THIS PAMPHLET:

Compiled March 2010
Our School has shared fruit and veg platters for our students on Tuesdays and Thursdays.

Parents are asked to send a piece of fresh fruit or vegies suitable for snacking.

Each week, classes are rostered on to help with the cutting up of the fruit and vegies.

Parents helpers are asked to come in from 8.45—9.15 on the rostered day to assist.

Reminder notes are sent home with each rostered class.

**Suggested fruit and vegies to send**

**RED FRUIT AND VEGIES**
Tomatoes, radishes, raspberries, cherries, strawberries, apples watermelon, red capsicum

**ORANGE FRUIT AND VEGIES**
Apricots, carrots, oranges, mandarins, orange capsicums, rockmelon

**GREEN FRUIT AND VEGIES**
Grapes, cucumbers, kiwi fruit, snowpeas, pears, celery, avocadoes, long beans

**YELLOW FRUIT AND VEGIES**
Pineapples, yellow capsicums, bananas, yellow-skinned apples and pears

**PURPLE/BLACK FRUIT AND VEGIES**
Purple cabbage, blueberries, blackberries, grapes

**BROWN AND WHITE FRUIT AND VEGIES**: Mushrooms, cauliflowers, bean sprouts

Send a rainbow of different coloured fruit and vegies!