



## 5 A DAY ideas.



*Add fresh or canned fruit to breakfast cereal or porridge.*

*Have fruit for pudding such as fruit salad, sliced melon or canned or dried fruit with plain yogurt.*

*Pack plenty of salad into a sandwich at lunchtime, or have a side salad.*



*Have fruit or vegetable sticks as a snack.*



*Add plenty of vegetables to dishes like pasta sauces, stews or curries*

## Reducing food waste.

In the UK, households are responsible for 60% of UK food waste.

Many fruit and vegetables can be frozen and used later. Place vegetables in boiling water for about 1 minute then plunge into ice water before freezing.

Delicate salad vegetables can't usually be frozen, but placing them in cold water in the fridge can keep them fresh for longer. Meal prepping allows you to cook foods in advance, reducing waste.



# Fruit & Veg for Schools Parents Carers Booklet.



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 take part in.

You can unfold this booklet into a weekly planner for the fruit and veg that you use in meals and snacks.

What has your child tried at school as part of the Fruit & Veg for Schools initiative? Have they tried anything new that they'd like to add to a meal this week, or to your next food shop?

Read on for more info about fruit and veg, 5 A DAY and food waste, and the weekly planner.



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



# 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!