



**PLANT
FRUIT & VEG
IN YOUR
LUNCHBOX**

Eat vegetables and fruit everyday!

Colourful and crunchy vegetables and fruit should be an enjoyable part of your child's day.

Tips to help your family eat more vegetables and fruit everyday:

- Involve your child when shopping for vegetables and fruit.
- Use seasonally fresh vegetables and fruit as well as frozen, tinned and dried varieties.
- Try to offer vegetables and/or fruit at each meal and snack.
- Keep offering vegetables and fruit even if your child avoids eating them.
- Add more vegetables to your family's favourite meals.
- Keep a bowl of fresh fruit and vegetables handy for a quick snack.
- Eat and enjoy a variety of fruit and vegetables yourself.
- Be creative! Cut up vegetables and fruits to make them exciting and easier to eat.

**Use these tips to serve, eat and enjoy
different vegetables and fruits with
your family everyday.**

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