

FRUIT & VEGETABLES IN SCHOOLS

Information for 2021



Freephone 0800 507 555



DELIVERIES



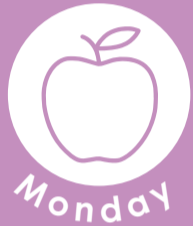
- > Fruit and vegetables are delivered twice each week (smaller schools have individual delivery arrangements)
- > One piece/serving of fresh produce is provided for each child and staff member each school day
- > Seasonal New Zealand produce is provided whenever possible
- > Box sizes and numbers will vary depending on produce delivered

WHAT TO DO ONCE FRESH FRUIT AND VEGETABLES ARE DELIVERED



- > Open all boxes and unwrap produce to check which variety is the ripest and ready to eat first
- > Store produce in a dry, dark and cool place. Do not leave in direct sunlight

 USE ONE PRODUCT EACH DAY WHENEVER POSSIBLE, SO EVERYONE ENJOYS THE SAME FRUIT OR VEGETABLE



FRESH FRUIT AND VEGETABLE FACTS



- > Fruit and vegetables are natural products and will always be subject to spoilage (around 5% spoilage is catered for in your delivery)
- > New Zealand stone fruit (e.g. nectarines and plums), come in boxes with no lids and can have two layers. They also ripen quickly, so eat them on the day of delivery
- > Pears ripen from the inside out; some varieties are eaten hard
- > If bananas are not ripe when opened, re-wrap them and close the box to help the ripening process
- > Cutting fruit and vegetables up encourages children to eat it

SUSTAINABILITY



- > Be sure to compost your peels and cores. For composting information visit www.5adayeducation.org.nz



Food Scraps

- > Collapse the cardboard boxes that the fruit and vegetables arrive in and recycle them



Cardboard Flattened

5+ A DAY RESOURCES



- > 5+ A Day curriculum-linked resources, including our new posters in Te Reo are available to support your participation in Fruit & Vegetables in Schools. Order free-of-charge from www.5adayeducation.org.nz



VISIT

www.5aday.co.nz for inspiration, fresh recipes and nutrition information.



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CONTACT US

For any queries call our freephone **0800 507 555**