FRUIT PROGRAM

This K-6 Program aims to promote healthy eating habits.

Students will have an opportunity to eat a piece of fruit or vegetable during class time each morning.

Some fruit and vegetables are more appropriate than others. A list is shown below. Please ensure the items are supplied in an easily accessible container or suitable wrapping.

Please note that other foods such as muesli bars, cheese and crackers are not suitable.

Remember - NO NUTS / EGGS

**OK Fruit and Vegetables** = celery, apple (not a huge one!!), watermelon (only if chopped and in a small container), carrot, cucumber, cherry tomatoes, *small fruit that does not require peeling*, small box sultanas etc

**NOT OK** =

oranges, mandarins (fruit requiring peeling)