

# EAT FRUIT AND VEGETABLES EVERY DAY!

## Fruit and vegetable tips:

- Offer a variety of colours and textures.
- Buy fruit and vegetables in season.
- Be careful of choking risks if serving raw, hard fruits or vegetables.

## Lunchbox ideas:

- Mandarin, banana, pear, bunch of grapes.
- Orange wedges, melon slices.
- Vegetables with dip.
- Three-bean mix salad.



**Include fruit and vegetables in your child's lunchbox, meals and snacks every day. Choose a variety each week for your child to try.**