



## Fruit & Veg Month 2018

Our school has registered for Fruit & Veg Month 2018. The theme for this year is '**Happy Fruit & Veg'tember!**' Fruit & Veg Month 2018 runs for the last 4 weeks of Term 3, Monday 3<sup>rd</sup> to Friday 28<sup>th</sup> September.

As part of Fruit & Veg Month, students will be involved in various classroom and school based activities such as "*Trade junk for fruit/veg*" to encourage more fruit and vegetables eating habits.

This Fruit & Veg Month, families are also encouraged to get adventurous! Include a new fruit and vegetable each week over the month of September and enter the competition. There are three prize packs to be won.

- 1 x Breville Searing Slow Cooker (\$179 RRP) from Harvey Norman
- 1 x Foost healthy shopping pack including a trolley bag, reusable shopping bags, meal planner and shopping list (\$70 RRP)
- 1 x \$100 Harris Farm Markets online shopping voucher (\$100 RRP)

Go to the Fruit & Veg Month webpage ([www.fruitandvegmonth.com.au](http://www.fruitandvegmonth.com.au)) and click on the link to the Happy Fruit & Veg'tember Family Challenge webpage for more information and entry details.

Mrs Chacon  
Fruit & Veg Month School Coordinator