

**Action Plan**

**Plant Fruit and Vegetables in your lunchbox**

**Criteria 2** The school has a strategy in place to encourage all students to eat fruit and vegetables while at school.

**Why this criterion is important**

This criterion aims to make healthy choices easier by making fruit and vegetable consumption a regular daily routine and removing competing high fat, high sugar options (‘occasional’ foods). It provides an opportunity for children to learn by watching others enjoy eating fruit and vegetables.

**To Do List**

Use the following table to help plan what actions need to be taken to meet the criterion. Add more pages if you need them.

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| **What**  *What action needs to be taken? (eg get website info on managing fruit and veg breaks, provide information for parents, look at ways other schools have done this)* | **How**  *How will it be done? (eg programs, tip sheets, resources, meetings, newsletters)* | **Who**  *Who will be responsible for organising the action?* | **When**  *When is to be completed?* |
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This is a Healthy Tasmania initiative 2017