

This section includes:

- **Tips** to include in communications that you send to parents. They can be included one by one or grouped together for special events such as Nutrition Month.
- **Documents ready to be photocopied** and sent as is to parents:
 - Fruit and vegetables for everyone.
 - Clever ways to encourage children to eat more fruit and vegetables.
 - Fruit and vegetables: From first course to dessert.
 - How to turn the lunch box into a treasure trove.
 - Health tip ideas for newsletters sent to parents.
 - Sample daily menus with five servings of fruit and vegetables.
 - Myths about fruit and vegetables.

