



Fruit & Veg Month 2020!

The theme for this year's Fruit & Veg Month is:

'Planet Fruit & Veg!'



We need to take better care of ourselves and the planet, so let's teach our kids to eat more fruit and vegetables, to choose local and in-season produce and not to waste fresh food. This year's Fruit & Veg Month is all about looking at fruit and vegetables through the lens of sustainability.

To get the students excited about Fruit & Veg Month during Week 9, Term 3, Monday 14th September – Friday 18th September Plumpton Public School will celebrate by having 'Rainbow Crunch & Sip' week.

Students are asked to bring Fruit or Veg of the indicated colour each day (See Rainbow Crunch & Sip poster). Students will receive a raffle ticket for fruit/vegetables matching the colour for each day. This will go into a raffle to win a fruit & veg hamper for 3 lucky families. (Drawn the following week)

Rainbow Crunch & Sip Week

Term 3, Week 9

Monday 14th September - Friday 18th September

Monday	Tuesday	Wednesday	Thursday	Friday
Red	Green	Yellow	Orange	Rainbow
				

