

Encourage students to purchase and eat GREEN foods by making them eye catching and fun. Many foods can be easily and inexpensively redesigned to make them more interesting to students. This fact sheet provides some fun and unique ideas for giving foods a 'makeover' in the tuckshop.

Everyday ideas

Before



After



Thread watermelon, strawberries, banana and pineapple onto skewers to make fruit rockets.



Instead of serving plain ice blocks look at making your own using fresh cut fruit (e.g. kiwi fruit, strawberries and pineapple) and 100% fruit juice.



Add colour to home baking by using wrapping paper to brighten up packaged goods.

Food style makeover

Food Smart Schools • another naq nutrition program

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To add interest to snacks use bright and colourful packaging like these black and white cups.



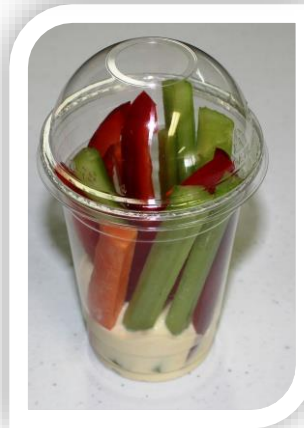
Serve home-made pita crisps with colourful veggie sticks, cheese and dried fruit in a clear container.



Make a fruit pizza by cutting a watermelon into triangles and decorating with colourful fruit pieces. Sell individual pieces of the pizza.



Make sushi sandwiches by flattening bread with a rolling pin and rolling it up like sushi.



Serve colourful veggie sticks with dip in a clear cup.



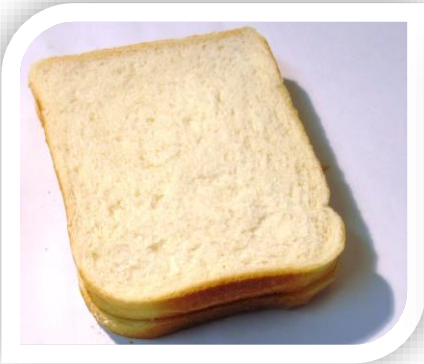
Make a fun alternative to a fruit salad by cutting the stalk of a banana to look like a dolphin. Serve with grapes or other fruit pieces.

If you have more time

Experiment in the tuckshop and get creative.

Before

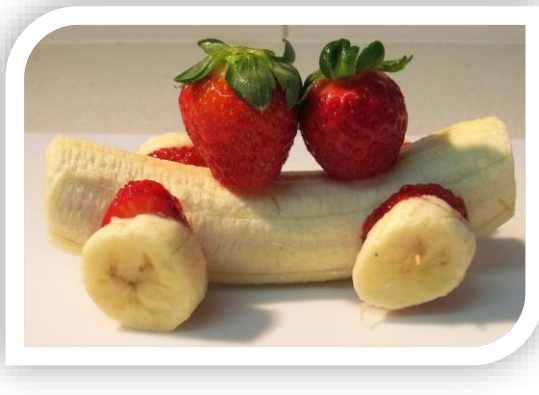
After



Use large cookie cutters to add interest to a sandwich. To minimise food wastage use the leftover bread to make breadcrumbs or healthy oven baked croutons for salads.



Use star shaped cookie cutters to cut watermelon and kiwi fruit into eye catching shapes.

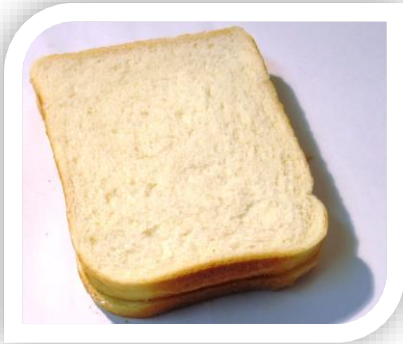


A different way of serving a fruit salad is to make banana and strawberry cars using a whole banana and a few strawberries. Serve on a paper plate.

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Use cookie cutters to create interesting shapes from sandwich items such as cheese, ham, tomato etc. Then thread shapes onto a skewer or popsicle stick to create an eye catching alternative to a sandwich.



Thread half of a banana onto a stick, roll in yoghurt and natural muesli to make a delicious morning snack.