September is Fruit & Veg Month!

Here's some easy tips to get 2 fruit & 5 veg® into your day!

- Add an extra serve to what you already eat.
- Try a new fruit or vegie each week.
- Fill your shopping trolley with plenty of fruit and vegies.
- Cut-up fruit makes a great snack.
- Have a fruit bowl at your workdesk so you always have a healthy snack handy.
- Go continental! Start dinner with a salad.
- Brighten up rice or pasta salads with chopped vegies or fruit.
- When eating out, order a side salad or vegies.

For more information and great recipes visit www.gofor2and5.com.au

Government of South Australia
Department of Health

Go for 2&5® FRUIT VEG

An Australian Government, State and Territory health initiative