

- Markets also tend to be cheaper than supermarkets, particularly if you catch them when they are packing up for the day. Alternatively opt for supermarket-branded canned or frozen fruit and vegetables.
- Shop two to three times a week – you will have less to carry. Fresher fruit and vegetables keep their nutritional value longer!

For more tips and recipe ideas, go to the website: www.healthyactive.gov.au or www.gofor2and5.com.au

Information in this fact sheet is taken from:

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Try_it_youll_like_it_Vegetables_and_fruit_for_children?OpenDocument

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Kids_Go_for_your_life?open