



Seasonal Fruit and Veg

Choosing seasonal fruit and veg for your kids lunchbox can help keep costs low. Look out for regular specials on in season produce.

Spring is here and summer is just around the corner! Why not try some of our favourite seasonal fruit and veg options below.

Spring

Vegetables:

Asparagus, avocados, beetroot, broccoli, brussel sprouts, carrots, cauliflower, cucumbers, eggplant, mushrooms, peas, pumpkins, spinach, squash.

Fruit:

Bananas, cherries, lychees, mangoes, mulberries, oranges, papaya, pineapple, watermelon, rockmelon.

Summer

Vegetables:

Asparagus, avocados, beans, beetroot, capsicums, carrots, celery, corn, cucumbers, eggplant, snow peas, squash, tomatoes, zucchinis, broccoli, cauliflower, spinach.

Fruit:

Apricots, bananas, berries, grapes, melon, watermelon, lychees, mangoes, passionfruit, cherries, nectarines, oranges, plums, peaches



Source: <https://www.swapit.net.au>



Hunter New England
Local Health District

@HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.