



Which Box Should I Buy?



Your fruit and vegetable fundraising box is an easy step toward the whole family eating the recommended number of serves of fruit and vegetables every day.

How many serves should you aim for?

Adults in the family should aim for:

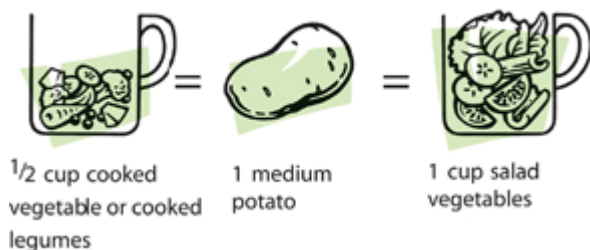
2 serves of fruit and 5 serves of vegetables each day

For kids, the number of serves depends on their age, appetite and levels of activity:

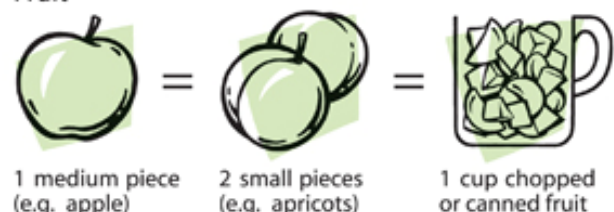
Age	Fruit Serves	Vegetable Serves
4 – 7	1 – 2	2 – 4
8 – 11	1 – 2	3 – 5

But how much is a 'serve'?

Vegetable






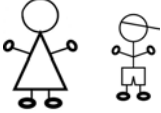

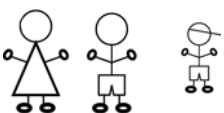

Fruit



*Please note: Serving sizes of fruit and vegetables are the same for both adults and children (see the pictures above); it is the number of serves that changes depending on your age!

How many serves are in the fundraising boxes?

Although the boxes look like they contain a lot of fruit and/or vegetables when you consider how much your family needs over the whole week it may not be as much as you think! (See table over page)

Size of family	Serves of fruit needed per week	Serves of vegies needed per week
 1 adult	14	35
 1 child (aged 4-7)	10 ½	21
 1 child (aged 8-11)	10 ½	28
 1 adult & 1 child (aged 8-11)	25	63
 1 adult & 2 kids (aged 4-7 & 8-11)	35	84
 2 adults & 1 child (aged 8-11)	39	98
 2 adults & 2 kids (aged 4-7 & 8-11)	49	119

* We have used the mid point recommendation for fruit and vegetable serves for children under 12 years. For example 1-2 serves of fruit are recommended for children aged 4-7 years so we have used the midpoint of 1.5 serves.

** For the recommended number of serves of fruit and vegetables for children 12 years and above go to the Go for 2 & 5 website: www.gofor2and5.com.au

The number of serves of fruit and vegetables in each fundraising box will differ from week to week but as a general guide each box contains:

Small Mixed Box

Contains approximately:
16 serves of fruit
69 serves of vegies

Tip: Remember to top up your box with extra fruit and veg to meet the recommended number of serves for the week!

Large Mixed Box

Contains approximately:
29 serves of fruit
91 serves of vegies

Tip: Remember to top up your box with extra fruit and veg to meet the recommended number of serves for the week!

Fruit Only Box

Contains approximately:
53 serves of fruit

Tip: This box is a great choice for all different sized families but remember to buy plenty of vegetables too!

Vegetable Only Box

Contains approximately:
126 serves of vegies

Tip: This box is a great choice for all different sized families but remember to buy plenty of fruit too!

For further information please contact: eatittobeatit@nswcc.org.au