

Welcome back to a healthy school year. This is an exciting time of year for our UK farms as British Food Fort-night takes place from 22nd September to the 7th October.

#### Consumption Calendar.

W/C	03-Sep-18	10-Sep-18	17-Sep-18	24-Sep-18	01-Oct-18	08-Oct-18	15-Oct-18
Mon	Raisins	Pear	Pear	Pear	Pear	Pear	Pear
Tue	Carrot	Apple	Apple	Apple	Apple	Apple	Apple
Wed	Pear	Tomato	Easy Peel	Tomato	Easy Peel	Easy Peel	Easy Peel
Thu	Tomato	Banana	Banana	Banana	Banana	Banana	Banana
Fri	Apple	Carrot	Carrot	Carrot	Carrot	Carrot	Carrot

The calendar may be subject to change, depending on availability. The first two weeks of the SFVS consumption calendar will be modified due to the late availability of suitable small apples for the children. This is due to exceptionally cold weather in March and then recent unpredictable weather patterns. We expect full availability of small apples for children to be available from the week beginning 17<sup>th</sup> September. During this period we will be providing extra pears, sugar snap peas and tomatoes to ensure that every child still enjoys a portion of fruit or a vegetable.

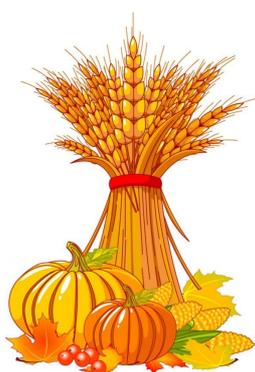
#### Ripening Tip.

The pears supplied to schools are Rocha pears from Portugal or Conference pears from the UK, Belgium or Holland. These pears are all harvested in August and September. The fruit will be hard at the start of the season. We advise that you store pears in warmer or ambient conditions, perhaps next to bananas, which help other fruit ripen. Rocha pears are naturally firm when they are ready to eat. Conference pears are better when they have a little bit of "give".



Did you know that Jewish New Year is on 9th to 11th September this year? Some families will eat sweet foods, such as apples dipped in honey to mark the event.

#### Get Involved!



Harvest Festival traditionally takes place at the end of September. People give thanks for what they have been able to grow or eat during the year. Schools and churches often collect food that people have brought from home to give out to those who do not have enough to eat. If you have any pictures of your harvest festival, or fruit and vegetables that you have grown yourself, that you would like to share please send them to [sfvspeterborough@mww](mailto:sfvspeterborough@mww), with the subject "newsletter". If we publish your picture in our next newsletter we will send your school some seeds to grow your own fruit and vegetables.



#### Some interesting dates this half term:

- Back to School
- Rosh Hashanah, Jewish New Year 9th to 11th September
- Roald Dahl Day 13th September
- Harvest Festival
- British Food Fortnight 22nd September to 7th October.
- World Space Week: 4th to 10th October
- Battle of Hastings Anniversary 14th October
- Halloween 31st October (All Hallows Evening)

This information comes from Minor, Weir and Willis Ltd, your School Fruit and Vegetable Scheme distributor.

For further information email [sfvspeterborough@mww](mailto:sfvspeterborough@mww) or call on 0800 6125292.

## Keeping Healthy: Information to share with Key Stage 1 Children

This term you will be eating apples, pears, bananas, carrots, tomatoes, easy peel soft citrus fruits and dried fruit. These can help keep you healthy.



Bananas contain vitamin B. Vitamin B helps your body release energy from your food.



Tomatoes contain vitamin E and vitamin K. Vitamin E can help you fight infections and vitamin K helps your skin heal when you get a cut.



Easy peelers contain vitamin C. Vitamin C can help you fight infection and keeps your teeth and gums healthy.



Carrots are a good source of Vitamin A. Vitamin A helps keep your eyes healthy.



Apples and pears contain vitamin A and vitamin C. Don't forget to eat the skin—that's where most of the vitamin C is.

Finally, did you know that fruit and vegetables contain fibre? If you don't eat fibre, it's very difficult to go to the toilet!

Be ACE! Fruit and vegetables are ACE! You can be ACE by eating vegetables with vitamins A, C, and E.



Competition time: Look at the pictures. Can you say what we grew on our farm last year? Email your answers to [sfvsbirmingham@mww](mailto:sfvsbirmingham@mww), with the subject as "newsletter". The winning entry will win extra fruit or veg for their class.



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*Information about vitamins comes from the NHS Health A-Z Vitamins and Minerals Website.*