

Eating Our Way Through the Rainbow – Cooroy State School



Cooroy State School is a beautiful school located between Gympie and Nambour. Our school community consists of over 340 students that come from 237 families. Our committed staff

identified that we wanted to improve our student's fruit and vegetable intake.

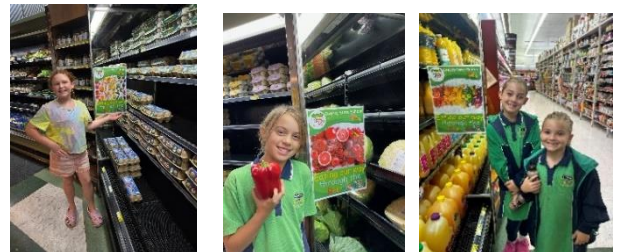
Working with our P and C, we applied for a 'Pick of the Crop' grant. While plans for 2025 will include the development of the Cooroy State School Garden with 8 raised garden beds, fruit trees and outside learning spaces, we decided to kickstart our project with encouraging our students and families to try new fruits and vegetables through our 'Eating our Way through the Rainbow' campaign, completed in Term 3, 2024.

Our campaign included:

- Colour coded newsletters sent home for each colour that included checklists, lunchbox and dinner recipes and nutritional information.



- Bright and colourful posters were created for each classroom to encourage kids to identify different fruits and vegetables for each colour. We met with the local IGA and our posters are now on display in the fruit and vegetable section for our families to see.



- Tuckshop specials for each colour in the fortnight period (Week 1: Drink, Week 2: Meal). Our tuckshop was also decorated by POTC team members to celebrate the colour we were in.



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- Creation and advertisement of a unique email address for families to email photos of their progress as they ate their way through the rainbow at home.



Celebrations

Our progress through the Rainbow has brought so much buzz and excitement to our school. After 9 weeks of Tuckshop specials, we have sold **369** serves of healthy fruits and vegetables to our community. This has been a huge success.

Families are reporting that children are trying different vegetables for the very first time. Lunchboxes are looking different.

Children are proudly wanting to show their teacher and be photographed eating different coloured options.

Our tuckshop convenors have worked hard refining recipes and practices to be ready each week for the new, healthy option.

The local IGA are now on board and further projects are planned for Term 4 2024 and 2025 in collaboration with them.



Problems we solved

- The first few weeks of Tuckshop specials required support and regular check ins with Tuckshop convenors as this was a change for everyone, with new recipes and equipment. We directed Teacher Aides to support volunteers in the 20 minutes before 1st break to support the 'final rush'.
- Our student leaders helped deliver drink specials to the younger classes to minimise spillage in the transport to classrooms.
- As we approached green drink week (a Banana and Spinach smoothie), we anticipated hesitancy. Our team created 'Blossom Hulk' – a version of our school mascot and a social media campaign on Blossom Hulk introducing the 'Hulk Smash' Smoothie ensued. We created stickers of Blossom Hulk to stick on the cups.

On the Monday prior, key staff were at the tuckshop to handout free taste tests of the Hulk Smash smoothie. It was our most successful sales day with over 60 spinach smoothies sold in one day!



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Plans for the Future

At the beginning of Term 4, our families will be sent an online survey inviting them to vote for which of the fruit and vegetables specials they would like to become a permanent addition to our Tuckshop menu. Students in years 3,4 and 5 will also complete the online survey. Students in Prep, year 1 and 2 will get a token to 'vote' for their favourite as well.

We will expand on our collaboration with the IGA and begin to use signage to direct children and families to find healthy options for lunchboxes. We have created a lunchbox shopping list that each family will get in preparation for 2025. 2025 will also see that beginning of our garden project and classes growing and eating their own produce with excess being channelled into the tuckshop for 'seasonal specials'



For more information on Pick of the Crop, see www.hw.qld.gov.au/pick-of-the-crop.

Acknowledgements: Thank you to Cooroy State School for developing this information sheet and implementing such great activities in the school.