

# My colourful week

Hey kids, download this menu planner then print it out and keep it on your fridge. It's handy for keeping track of your fruit and veggie intake and planning what meals you'd like to cook for each day of the week.

Plan together with your family and refer back to the menu planner at meal and snack times to remind you of your commitment to eat those yummy fruit and vegies!

Make your week full of colourful fruit and vegies!



## OTHER MENU IDEAS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							

Get them into eating fruit and vegies with meal planning

**Younger kids** can add fruit and veggie colours or pictures to the meal planner as a fun way of getting them involved in what they eat.

**Older kids** can choose a meal to help prepare with you off the menu plan you create. This will get older kids into the kitchen to learn important skills – and experience the satisfaction of preparing a good, tasty meal for the family. We've got plenty of recipes and tips at [woolworths.com.au/freshfoodkids](http://woolworths.com.au/freshfoodkids)