Friday fresh fruit a hit

It’s often difficult to get kids to eat their fruit and vegetables, but not at the St Louis de Montfort’s Primary School where the students want even more fresh fruit.

Student leaders at the Aspendale school have taken it upon themselves to organise a “Fresh Fruit Friday” program with the local Woolworths store in Mordialloc.

As part of the school’s Take Action Make a Difference leadership program, students Chloe, Katie, Joseph and Indigo contacted the supermarket, which agreed to provide free fresh fruit to the school each Friday.

The school’s wellbeing leader Julie Wynne said the aim of Fresh Fruit Friday was to encourage students to eat healthier at school and to try new foods.

“The response to our first Fresh Fruit Friday was fantastic,” Ms Wynne said.

“Many of the students had the opportunity to try fruits they had not tasted before and some who hadn’t eaten passionfruit before were talking about how it made their tongue “sparkle”.

“We’re passionate about developing students to be leaders in our community and this is a great example of what they can achieve.”

The original Free Fruit Friday program ended this year and many schools now organise their own through contact with local sponsors or producers.