

Joyful Fruit Month 2024 School Newsletter



Review of Joyful Fruit Month 2023

In the 2022/23 school year, the “Joyful Fruit Month” set a new record of more than 1,600 participating schools which benefit more than 550,000 students. We would like to extend our sincere gratitude to all schools for their continued support for the “Joyful Fruit Month”. To encourage an adequate daily intake of fruits by students, the Department of Health (“DH”) had held the annual “Joyful Fruit Day” since the 2006/07 school year and upgraded the event to “Joyful Fruit Month” in the 2012/13 school year. The activities were well received by the school sector. To revisit the fruit activities organised by schools, you may browse the [“School Activity Photo Gallery”](#) on the “Joyful Fruit Month” webpage.

School Activity Photo Gallery



Joyful Fruit Month 2024 – Fruits in My Hand, Health is My Wealth

The DH will organise the “Joyful Fruit Month” in April 2024. “Fruits in My Hand, Health is My Wealth” is adopted as the new activity theme cum slogan to promote the message of “daily fruit intake is beneficial to health”. Schools that fill in and submit the [reply slip or enrolment form](#) of the “Joyful Fruit Month” on or before 31 December 2023 can enjoy the free delivery of materials from mid-January to the end of February 2024.



Participation Arrangement for “Joyful Fruit Month”

Schools that participated in the “Joyful Fruit Month” in the 2019/20 school year onwards will be automatically included in the “List of Participating Schools”. Schools’ participation in the “Joyful Fruit Month” will be automatically renewed every school year. Re-enrolment is not required. Schools simply need to fill in the reply slip to obtain materials for organising activities. For newly participating schools, please submit the filled enrolment form to the “Joyful Fruit Month” Secretariat via fax (2772 2060) or email (joyfulfruitmonth@dh.gov.hk).





Activity Promotion

Activities for Kindergartens and Child Care Centres

The “Joyful Fruit Month” launched a brand new activity material, namely the “Fruits Storytelling Activity”, this school year. Teachers and parents can encourage young children to put the stickers provided in the activity materials on any position of the “Fruits Storytelling Activity” poster, so that young children can tell their own unique fruit story and show their creativity. Through this activity, we hope that young children will get to know more about fruits, cultivate creative mindsets, master presentation skills and learn through playing.



Activities for Primary and Special Schools

The “Joyful Fruit Month” not only designed the new honey peach and lychee 3D paper fruit boxes this school year, but also launched the new “Sticker Collection Card” for the Origami Activity. It encourages students to fold different fruits with a pair of skillful hands in exchange of a corresponding fruit sticker according to the instructions on the origami package or make reference to the origami video. To organise fruit promotion activities, teachers can also request other activity materials such as “Fruit & Veggie Race”, colouring worksheets, tongue twister challenge and English crossword puzzles from the “Joyful Fruit Month” Secretariat.

“School Fruit Promotion Project” for Secondary Schools

Showing great enthusiasm on enrolment every year, the “School Fruit Promotion Project” has been well-received by secondary schools. Under teacher’s supervision, students can make good use of health education materials of the “Joyful Fruit Month” in a flexible manner to design a diverse range of school-based fruit promotion activities. These activities include “Campus Fruit Party”, “Fruit Quiz Competition”, booth games, preparation of exhibition panels and fruit cooking classes. Participating secondary schools can apply through the DH for subsidies from the “School Healthy Eating Promotion Fund” (Fund) provided by the Hong Kong College of Cardiology. An eligible secondary school can receive sponsorship up to a maximum of HKD\$2,000, including a maximum of HKD\$1,600 for purchasing fruits. The application deadline for the Fund is 31 December 2023. Places are limited so please apply now!



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Fruits in My Hand, Health is My Wealth



Contact Us

For enquiries, please contact the "Joyful Fruit Month" Secretariat on 2772 2012 or by email at joyfulfruitmonth@dh.gov.hk.