

# Joyful Fruit & Veg Month 2026 School Newsletter



## Review of Joyful Fruit Month 2025

In the 2024/25 school year, the Joyful Fruit Month set a new record by having over 1,700 participating schools and over 590 000 student beneficiaries. We hereby express our gratitude to every school that has been supporting the Joyful Fruit Month in the past 19 years. The Department of Health (DH) had organised the Joyful Fruit Day event annually since the 2006/07 school year to encourage students to eat a sufficient amount of fruit every day. In the 2012/13 school year, the event was upgraded to the Joyful Fruit Month, gaining enormous support from the education sector. To revisit the fruit promotion activities organised by different schools, please visit the [School Activity Photo Gallery](#) on the [website](#).



## Joyful Fruit & Veg Month 2026: The Fruit and Veg Duo, Your Health-Boosting Combo

Healthy eating habits ought to be developed since childhood, and there are still rooms for improvement in the consumption of fruit and vegetables among students in Hong Kong. As such, the Joyful Fruit Month will be officially upgraded to the Joyful Fruit & Veg Month in the 2025/26 school year! The DH will organise the Joyful Fruit & Veg Month in April 2026, using The Fruit and Veg Duo, Your Health-Boosting Combo as the brand-new theme cum slogan to promote the message that “eating fruit and vegetables every day is good for our health”. Schools that have completed the [reply slip or enrolment form](#) of the Joyful Fruit & Veg Month and have submitted it on or before **31 December 2025** may even enjoy free delivery of materials from mid-January to the end of February 2026.

## Participation Arrangements for Joyful Fruit & Veg Month

Schools having participated in the Joyful Fruit Month from the 2019/20 school year onwards simply need to submit the completed [reply slip](#) to the Joyful Fruit & Veg Month Secretariat to request the materials for organising activities. As for new participating schools, they may also complete and submit the [enrolment form](#). The submission methods are as follows:

- Fax: 2772 2060
- Email: [joyfulfruitnvegmonth@dh.gov.hk](mailto:joyfulfruitnvegmonth@dh.gov.hk)





# Activity Promotion

## “A Sufficient Intake of Fruit and Vegetables” Colouring Competition 2026

(The deadline for application is 30 January 2026)

Newly launched this school year, “A Sufficient Intake of Fruit and Vegetables” Colouring Competition 2026 targets at the students of all kindergartens/child care centres and primary schools in Hong Kong. The aim is to encourage them to eat a sufficient amount of fruit and vegetables. Using any drawing techniques and colouring materials, entrants may feel free to draw any patterns on the template with their creativity. Each kindergarten and child care centre may submit up to five entries, while each primary school may submit up to ten entries [including up to five entries for the Junior Primary Category (P1-P3) and up to five entries for the Senior Primary Category (P4-P6)] to the DH for adjudication. Winners will be selected by the adjudicating panel, and awards will be presented. The results will be announced in March 2026. For details, please visit the “Colouring Competition 2026” section on the website.

## Activities for Kindergartens and Child Care Centres

This school year’s educational materials for organising activities have incorporated vegetable elements in a brand-new design! Young children may wear fruit and vegetable glasses and hats during a school fruit & veg party, immersing themselves in a vibrant atmosphere of consuming fruit and vegetables. This year, we have also introduced the “Fruit & Veg Bingo” activity. Teachers may use the “Fruit & Veg Bingo Cards”, on which the images of different fruit and vegetables are printed, to engage children in an exciting and interactive game. This helps them learn about the fruit and vegetables of different categories and the relevant nutritional information, as well as cultivate an interest in eating fruit and vegetables, combining learning with fun!

## Activities for Primary Schools and Special Schools

As for primary schools and special schools, vegetable elements have also been incorporated into a series of educational materials to liven them up! Students may draw on the fruit and vegetable colouring worksheet and make 3D vegetable boxes together. Additionally, we have introduced the brand-new “Learning about Vegetable Categories” Stickers and the “Fruit & Veg Bingo” activity this school year. Among them, the “Learning about Vegetable Categories” Stickers allow students to sort vegetables into the five common categories, thereby learning about the different vegetable categories and the relevant nutritional information. Teachers may also request other educational materials from the “Joyful Fruit & Veg Month” Secretariat to organise fruit and vegetable promotion activities, such as the “Billboard Competition”, the “Tongue Twister Challenge” and the “Origami Activity – Sticker Collection Card”.

## School Fruit and Vegetables Promotion Project for Secondary Schools

The “School Fruit and Vegetables Promotion Project” aims to enable students, under the guidance of teachers, to flexibly utilise the health education materials provided by the Joyful Fruit & Veg Month to design diverse school fruit and vegetable promotion activities, such as a fruit & veg party, a fruit & veg quiz competition, booth games, display board making, and a fruit and/or vegetable cooking class. Secondary schools participating in the project may apply for a sponsorship from the “School Healthy Eating Promotion Fund” of the Hong Kong College of Cardiology through the DH. Eligible schools may receive a sponsorship up to HK\$2,000, with a maximum of HK\$1,600 allocated on the purchase of fruit and/or vegetables.





**1 Family Christmas Party**

This year's family Christmas party is filled with people. That's so bustling!

Mum, those people in green, some in red and purple, look energetic! Could they be the special guests this year?!

**2**

I'm sure you've been waiting for a long time. Let's give a warm welcome to the "Vegetable Family"!

Hi, we're the "Vegetable Family"! We're not only low in fat, salt and sugar, but are also rich in dietary fibre, making us good for health! Now, let's introduce ourselves one by one!

**3**

Hello, we're White Cabbage Mother and Lettuce Sister, and we're leafy vegetables.

I'm Sweet Pea Brother, and I'm a bean. I love wearing green, just like some of my leafy vegetable friends.

**4**

We're Tomato Father and Eggplant Sister, and we're fruiting vegetables.

I'm Shiitake Mushroom Sister, and I'm a mushroom. I may look small, but I have a high nutritional value!

**5**

We're Onion Brother and Carrot Brother, and we're root and stem vegetables. Some of us grow underground, while some of us grow near the soil surface. However, we all have firm outer skin.

**6**

Nice to meet you all – partners for good health! Let's be good friends!