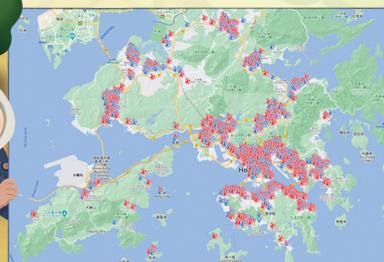


Joyful Fruit & Veg Month 2026 School Newsletter



An Overview of the Latest Enrolment Situation

This school year, over 1,700 schools have enrolled in the “Joyful Fruit & Veg Month”, with the number of student beneficiaries exceeding 600,000! We would like to extend our sincere gratitude to all schools for their overwhelming support of the “Joyful Fruit & Veg Month”! For the information of the participating schools, please visit the “List of Participating Schools & School Map” on the “Joyful Fruit & Veg Month” website. Schools that have yet to enrol should submit the enrolment form to us on or before 30 April 2026 to obtain the materials for organising activities.



“Joyful Fruit & Veg Month” Launching Ceremony and Award Presentation Ceremony

To celebrate the 20th anniversary of the “Joyful Fruit Month” and its official upgrade to the “Joyful Fruit & Veg Month”, we will host the “Joyful Fruit & Veg Month” Launching Ceremony and Award Presentation Ceremony on 24 March 2026. Schools having participated in or supported the event from the “Joyful Fruit Day”, through the “Joyful Fruit Month”, till the “Joyful Fruit & Veg Month” are invited to attend, in recognition of their efforts in actively promoting a school culture of consuming fruit and vegetables every day! Details of the Launching Ceremony and Award Presentation Ceremony have been sent to invited schools via emails.

To encourage students of all kindergartens/child care centres and primary schools in Hong Kong to consume a sufficient amount of fruit and vegetables every day, we have newly launched “A Sufficient Intake of Fruit and Vegetables” Colouring Competition 2026! The submission of application has already closed on 30 January 2026, and we would like to extend our gratitude to all schools for their active participation! The entries are now being reviewed by the judges to select the winners, and awards will be presented. The results will be announced in March 2026. For details, please visit the section of “A Sufficient Intake of Fruit and Vegetables” Colouring Competition 2026 on the website.



Material Delivery Arrangements for the “Joyful Fruit & Veg Month”

Schools having enrolled or submitted the reply slip on or before 31 December 2025 will receive the materials requested by the end of February 2026. They are responsible for checking the materials themselves upon receipt. Should there be any problem, please call the “Joyful Fruit & Veg Month” Secretariat for enquiry within 30 days upon receiving the materials.



The “School Fruit and Vegetables Promotion Project” for Secondary Schools – Application for a Sponsorship under the “School Healthy Eating Promotion Fund”



The “School Fruit and Vegetables Promotion Project” aims to encourage secondary schools to form their own working committees to organise effective and diverse fruit and/or vegetables promotion activities, thereby cultivating the habit of eating fruit and vegetables in more teachers and students. Offering sponsorships to secondary schools participating in the project over the years, the “School Healthy Eating Promotion Fund” (the Fund) established by the Hong Kong College of Cardiology (HKCC) has been well-received by schools. The quotas for sponsorship in this school year have already been exhausted. Schools that have successfully filed an application and have been verified to have met the sponsorship criteria should submit the original copy of the “Evaluation and Financial Report” (Appendix II) and the relevant information (including a balance sheet listing the actual expenses in detail and all receipts) to the HKCC, while submitting a copy of the documents to the “Joyful Fruit & Veg Month” Secretariat under the Department of Health through mail, fax or email **on or before 15 June 2026**. Schools would only receive the sponsorships after the documents are approved by the HKCC.



Recommended “Joyful Fruit & Veg Month” Activities

Activities for Kindergartens and Child Care Centres

In addition to taking on a new look, this school year’s educational materials have also incorporated vegetables elements to boost students’ interest in consuming fruit and vegetables! Among them, “Vote for My Favourite Vegetables” encourages teachers to use the materials to introduce the characteristics and benefits of various vegetables to the students, and invite them to vote for their favourite vegetables! Furthermore, we have also updated other educational materials, such as the “Fruit and Vegetable Diary Card Award Scheme” and the “Fruit & Vegetable Storytelling”, helping students cultivate an interest in consuming fruit and vegetables through these fun activities.



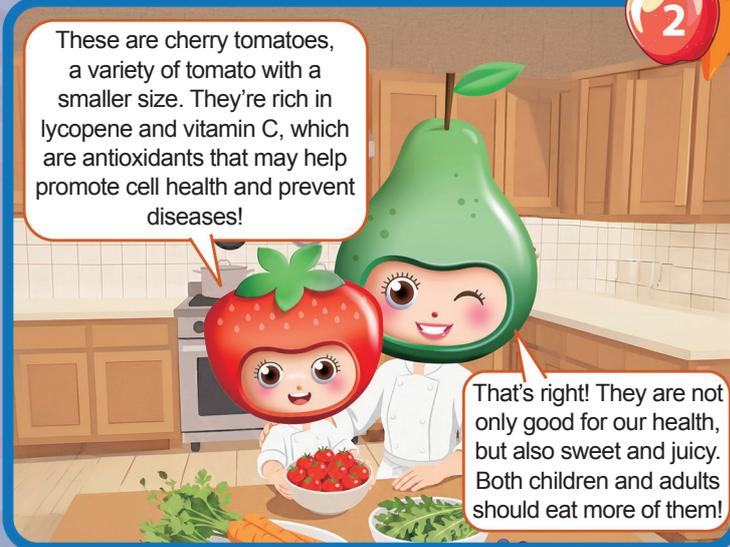
Activities for Primary and Special Schools

This school year, the ever-popular “3D Paper Fruit Boxes” have incorporated vegetables elements, allowing students to create their own 3D banana boxes and carrot boxes! As for the “Tongue Twister Challenge”, the content has also been updated to focus on both fruit and vegetables, with new tongue twisters for the Junior Primary Category and the Senior Primary Category available for boosting students’ interest in eating fruit and vegetables! At the same time, we encourage schools to make good use of other educational materials, such as the “Fruity Origami Videos” and the “Fruity Origami Sets”, the “Fruit and Vegetable Colouring Worksheets”, the “Billboard” and the “English Crossword Puzzles”, to instil the knowledge of fruit and vegetables into students through play! Schools interested in requesting the materials may submit the [reply slip](#) or the [enrolment form](#) to the “Joyful Fruit & Veg Month” Secretariat. They may also download the [promotional & educational materials](#) from the “Joyful Fruit & Veg Month” website and explore more [e-resources](#) posted thereon.



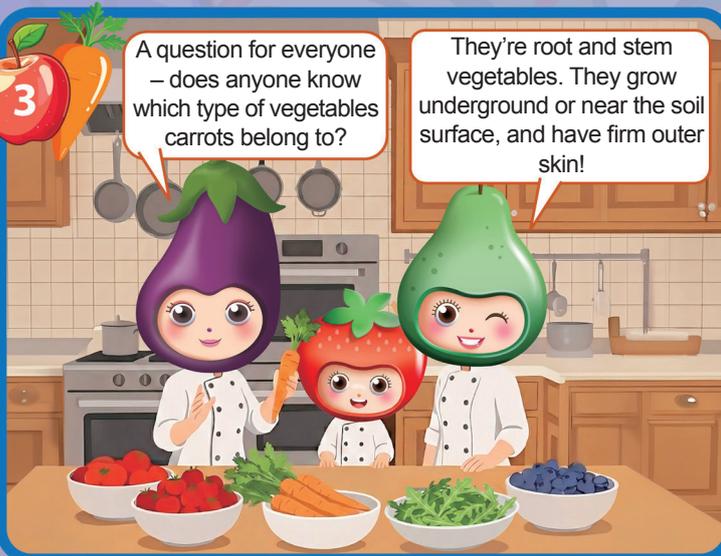


Welcome to the parent-child cooking class! Today's stars are "fruit and vegetables", and we're going to make a refreshing salad together! First, let's learn about the ingredients for today. Does anyone know the benefits of these fruit and vegetables?



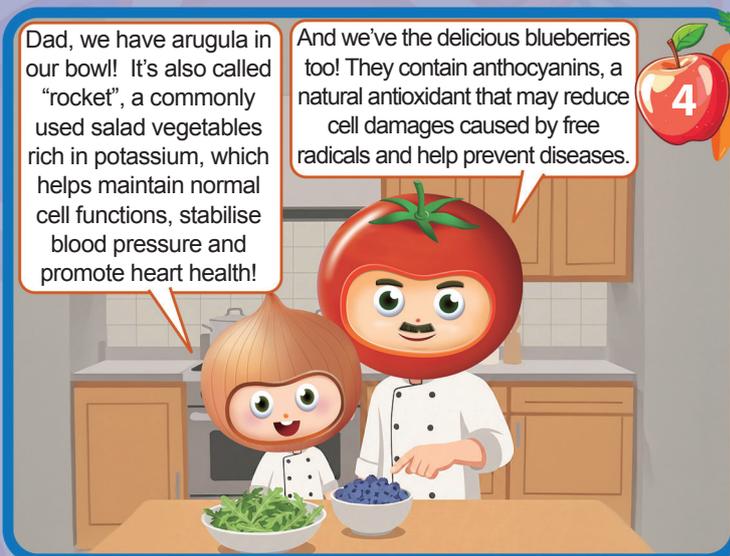
These are cherry tomatoes, a variety of tomato with a smaller size. They're rich in lycopene and vitamin C, which are antioxidants that may help promote cell health and prevent diseases!

That's right! They are not only good for our health, but also sweet and juicy. Both children and adults should eat more of them!



A question for everyone – does anyone know which type of vegetables carrots belong to?

They're root and stem vegetables. They grow underground or near the soil surface, and have firm outer skin!



Dad, we have arugula in our bowl! It's also called "rocket", a commonly used salad vegetables rich in potassium, which helps maintain normal cell functions, stabilise blood pressure and promote heart health!

And we've the delicious blueberries too! They contain anthocyanins, a natural antioxidant that may reduce cell damages caused by free radicals and help prevent diseases.



It seems everyone has a deep understanding of fruit and vegetables! Now, let's start by washing the fruit and vegetables in the bowl thoroughly with water, and then make the salad. Are you ready?

Yes! Let's embrace

