



FRESH, SEASONAL PRODUCE

Eating seasonally means choosing vegetables, herbs and fruit that are in season.

Australia's different climate zones means there is a delicious selection of produce available for you to choose from throughout the year.

Here's why eating fresh, seasonal food is so great:

- ✓ Fresh produce is tastier
- ✓ Fresh produce is often more nutritious
- ✓ Seasonal produce is cheaper!
- ✓ You can have variety all year round

Recipes such as rice paper rolls and nori rolls are so easy and delicious, you don't even have to cook some of them. Just choose your favourite veggies and herbs from what's in season, and assemble! Munch away on raw, fresh veggies as you cook – it's a great way to eat more fresh food, and discover the taste, textures and smell of the vegetables.



OUR TIP FOR SEASONAL PRODUCE
RICE PAPER ROLLS, NORI ROLLS,
SEASONAL FRUIT OR VEGETABLE MUFFINS
AND DIPS ARE GREAT TO POP INTO THE
LUNCHBOX - OR SERVE AS A HUNGER-
BUSTING, AFTER-SCHOOL SNACK.