



FRESH APPROACH NEWS

Term 2, 2009

Welcome to the Fresh Approach Schools Program newsletter for Term 2, 2009.

The Fresh Approach Program is an initiative of the Newcastle Markets and targets primary school aged children, their carers, teachers, and canteen managers. This **FREE** program provides links between the classroom and the canteen and includes a diverse range of fun and interactive activities, taste-testings, campaigns, canteen newsletters, competitions and giveaways. All schools that value and promote the benefits of a healthy lifestyle incorporating good nutrition are invited to join the Fresh Approach Schools Program. By joining the program, teachers, parents and students will have the unique opportunity to access new resources as well as share information, ideas and successful strategies.

Canteen Fresh – Term 2

Enclosed are **two copies of Canteen Fresh** for Term 2, 2009. **Please make sure that one copy reaches your Canteen Coordinator.** The additional copy is for other interested parties in your school. Canteen Fresh is a complementary newsletter issued to all schools in the Newcastle and Hunter Regions each term. For additional copies please contact Kathy Porter on 02 49 233700.

Win \$25,000 **Go To: oneadaysuperfood.com.au**
For Your School

The Today Show, together with Aussie Apples, are searching for Australia's Healthiest School and will reward them with \$25,000.

The competition runs from May 4th to May 22nd 2009.

Just watch the Today Show or go to www.oneadaysuperfood.com.au for more details.

Apples Ain't Apples School Visits

A core feature of the program is the Apples Ain't Apples School Visit. Students learn about the history of the Newcastle Markets and the Central Market system, how produce is transported from farm to plate and the many different varieties of available produce. The presentation has been designed for students aged between 7 and 9 years. A qualified representative from the Newcastle Markets attends the primary school to conduct the presentation which includes sampling of some of the different varieties of fruit and vegetables including an apples taste testing session. In addition, one of the 'Fruit and Veg Gang' costume characters makes a visit. Contact Kathy Porter via kathy@newmarkets.com.au to book your presentation or visit our website www.newcastlemarkets.com.au and go the Fresh Approach Tab.



The Fresh Approach Schools Program promotes healthy lifestyles for Hunter and North Coast children

*An initiative of the Newcastle Markets. Rural Drive Sandgate NSW 2304
Phone: 02 49233700 Fax: 02 49602481 Email: kathy@newmarkets.com.au*

www.freshforkids.com.au

Proudly Supported By:



The one a day superfood
aussie apples

