



FRESH APPROACH NEWS

Term 3, 2009

Welcome to the Fresh Approach Schools Program newsletter for Term 3, 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 3

Please find attached a copy of **Canteen Fresh** for Term 3, 2009. 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.

2009 Join Forces and Win Canteen Campaign Register Your School Now!!!! – Registration Form Attached



The 2009 campaign, titled 'Join Forces and Win' is designed to encourage kids to eat more fresh fruit and vegetables and to purchase them from their school canteen. The campaign commences Monday 10th August and concludes on Friday 4th September 2009.

During the 'Join Forces and Win' campaign, children who make the healthy choice and purchase fresh fruit and/or vegetables from their school canteen will instantly win a sticker card containing a large sticker to keep and a token sticker which must be placed on the entry form. Once children have collected all 4 token stickers, they return the entry form to the canteen where they receive a Fresh For Kids mini finger projector. On doing so, they are eligible to enter the draw to win some fantastic prizes including:

- 5th Prize 20 x CD Packs
- 4th Prize 15 x G-Force Figurine Packs
- 3rd Prize 5 x DVD Packs
- 2nd Prize 3 x G-Force videogames on Wii and 3 x Nintendo Wii consoles
- 1st Prize Guest role as the Film Reviewer of G-Force on Saturday Disney on the Seven Network.

Reminder: 2009 Canteen Campaign 'Join Forces and Win'

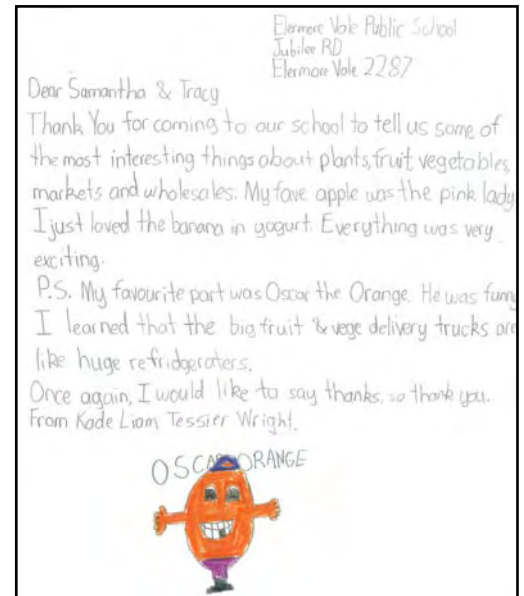
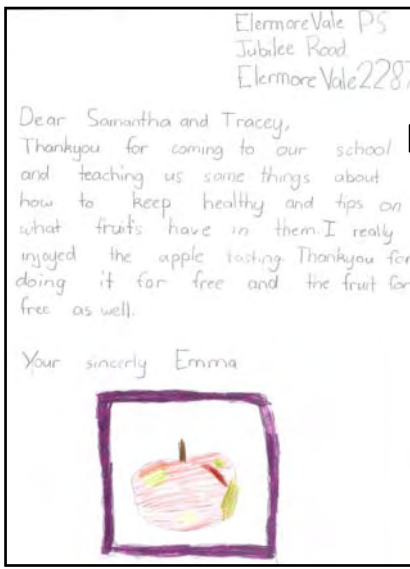
Schools wishing to participate must register by 3rd July 2009.

The winner of Australia's Healthiest School was announced on 9th June 2009. Congratulations to Mt Alford State School, QLD.

To coincide with the Search for Australia's Healthiest School competition Newcastle Markets, with the support of Aussie Apples, visited 11 schools and spoke to 912 students in May 2009.

THANK YOU

FOR ALL THE GREAT FEEDBACK WE HAVE RECEIVED



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

