



FRESH APPROACH NEWS

Term 1, 2010

Welcome to the Fresh Approach Schools Program newsletter for Term 1, 2010.

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 1

Please find attached a copy of **Canteen Fresh** for Term 1, 2010. 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.

New Banana Mascot

Newcastle Markets would like to introduce the newest member of the Fresh Approach Team. He will be visiting schools along with a fresh approach team representative for Apples Ain't Apples Presentations very soon.

Keep your eyes 'peeled' in our term 2 Fresh Approach News for details on our upcoming 'name the mascot' competition.

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

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