



FRESH APPROACH NEWS

Term 3, 2010

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

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

BANANA CANTEEN PROMOTION **WINNER**

It is our great pleasure to announce the winner of the Banana Canteen Promotion, **SHORTLAND PUBLIC SCHOOL**. The school canteen held a Banana Week offering banana smoothies, pancakes, bread, cupcakes and yoghurt/custard with banana. Their colourful display to promote Banana Week capped off their outstanding and enthusiastic efforts. As a result **Shortland Public School** will receive the following great prizes:

- ✦ Sunbeam Café Series Blender
- ✦ \$100 Fruit & Veg voucher
- ✦ Promotional incentives
- ✦ Box of bananas.



Thank you to all the school canteens who participated and congratulations to the winners.



Photo's of Shortland Public School 'Banana Week'.

Name Our Banana Mascot Competition

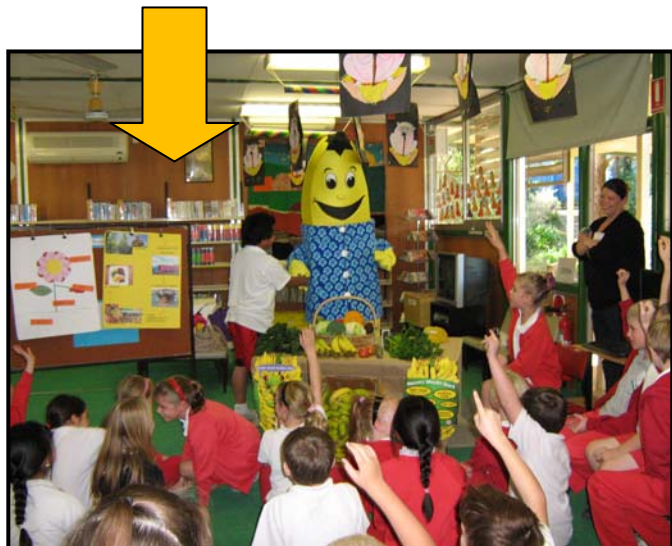
We have decided to extend this exciting competition to give more students an opportunity to get creative and name our Banana Mascot to be in the running to win a fantastic prize:

APPLE IPOD NANO worth \$200

Due to copyright we cannot use the names Benny, Barney or Bazza. Our banana friend will have his new name for a long time so thinking caps on for a catchy, original name he will love.

The competition is extended until 1st September 2010. Check out the Newcastle Markets website to enter or enter by fax or post. Good Luck! **Please encourage students to enter for a chance to win this prize.**

'Perfect fit for PD/H/PE KLA, fits in with schools sustainability program' - **Cardiff North Public School**



'Thorough presentation at appropriate level' – **Valentine Public School**

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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