



### FRESH APPROACH NEWS

Term 3, 2008

Welcome to the Fresh Approach Schools Program newsletter for Term 3, 2008.

#### A Big Thank You To Our Sponsors



Please find enclosed **TWO** copies of Canteen Fresh for Term 3, 2008. **Please make sure that one copy reaches you school canteen supervisor.** The additional copy is for other interested parties in your school.

Canteen Fresh is a free publication designed to help Hunter schools create healthy, easy and effective canteen menus. Further information on seasonality and menu ideas is available at [www.freshforkids.com.au](http://www.freshforkids.com.au).

The Newcastle Markets Fresh Approach program targets regional primary school children, their carers, teachers, and canteen managers with the aim of increasing fruit and vegetable consumption.

Thanks to our generous sponsors, the Newcastle Markets are able to provide the program for free to all registered primary schools in the Hunter and North Coast.

In particular we would like to acknowledge Chep Australia, Australian Bananas, National Foods and Newcastle Market wholesale agent, T Garrett and Son for their involvement and contribution.

#### Search for Australia's Healthiest School Competition

The search for Australia's healthiest school has now ended and Koorlong Primary School near Mildura has been announced the winner of the \$25,000 prize.

#### School Visits and Character Appearances

During Term 2, our team has continued to conduct our Apples Ain't Apples presentations to a further 20 primary schools in the Hunter. Here's what some teacher evaluations had to say about the presentations:

*'The kids thoroughly enjoyed the presentation and it was very informative/educational'*  
New Lambton South Primary School.



*'Great presentation – Apple tasting was terrific'* Elmore Vale Public School



*'The students enjoyed learning all about fruit and vegetables'*  
Morpeth Public School.

# 'Blast Off and Win' 2008 Canteen Competition

This campaign is a great way of getting kids excited about healthy options available at your canteen. There are 5 simple steps to this promotion, please see below for further details.

1. The 'Blast Off and Win' Canteen Campaign commences on Monday 4<sup>th</sup> August 2008 and runs for 4 weeks, finishing on Friday 29<sup>th</sup> August 2008.
2. The concept of the 2008 campaign is very similar to the 2007 'Spin and Win' campaign, on making a fresh fruit or vegetable purchase from the canteen, students are rewarded instantly with a sticker card containing
  - a. One large sticker for the children to keep and
  - b. One 'Token' sticker which must be placed on the entry card.
3. To receive a minor prize students must make 4 purchases of fruit and/or vegetables from their school canteen. The entry card provides 4 spaces in which students must stick the 'token' stickers.
4. Children are then encouraged to fill out the entry card and return to their canteens where they will receive a minor prize (colourful glow in the dark wristbands). Please note the minor prizes will be provided to school canteens prior to the commencement of the campaign with posters and an information pack for Canteen Managers.
5. The last step is for Canteen Managers to send in all completed entry forms to Sydney Markets Limited by Wednesday 10<sup>th</sup> September 2008. The students then have the opportunity to win further prizes including a family trip to Hong Kong Disneyland.

**THERE IS NO PARTICIPATION FEE FOR THIS EXCITING CAMPAIGN!!!**

If you have any queries regarding the Fresh for Kids Canteen Campaign, please do not hesitate to contact Luke McQuillan on (02) 9325 6295.

## Fresh For Kids Website – [www.freshforkids.com.au](http://www.freshforkids.com.au)

The Newcastle Markets Fresh Approach program incorporates resources from Fresh For Kids, who have a fantastic educational website for kids, their parents and teachers. Recently, a new layout has been introduced resulting in a more interactive and user friendly site. Several pages have also been introduced to the website including a range of curriculum – based educational resources which contain information for teachers. Kids are also well catered for with games, jokes, sports information and activities.

## Newcastle Markets Presentations and Tours

Newcastle Markets offers an educational presentation for students in Years 2, 3 and 4. All registered schools within a one-hour drive from the Newcastle Markets at Sandgate are eligible to receive the Apples Ain't Apples presentation at their school (bookings are subject to availability).

All year levels can make a booking to visit our Market at Sandgate for a tour of the trading floor and a sneak peek 'behind the scenes' of Newcastle's busy central market.

While there are only a few Apples Ain't Apples presentation sessions still available for Term 3, there are plenty for Term 4 so book your school in now.

Information on booking requirements and guidelines for the Apples Ain't Apples presentation and Market tours, as well as booking forms for each, can be downloaded from the Newcastle Markets website at [www.newcastlemarkets.com.au](http://www.newcastlemarkets.com.au) under the fresh approach program tab or you may email the team at [mail@newmarkets.com.au](mailto:mail@newmarkets.com.au)

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

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