



FRESH APPROACH NEWS

Term 4, 2008

Welcome to the Fresh Approach Schools Program newsletter for Term 4, 2008.

A Big Thank You To Our Sponsors



Please find enclosed **TWO** copies of Canteen Fresh for Term 4, 2008 and an extra copy of term 1, 2 & 3 for your records. **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.

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.

School Visits and Character Appearances

During Term 3, 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 content related very well to this term's work and was presented using appropriate language and communication'
Abermain Public School



'The students enjoyed learning about the parts of a plant and where various fruit and vegetables are formed on plants'
St. Joseph's Primary School

'An excellent aspect of the presentation was classifying the different fruit and vegetables'
Bobs Farm Public School



CONGRATULATIONS

Renaë M from Metford Public School was the winner of the 'Blast off and Win' competition. Renaë has won a family trip to Hong Kong Disneyland.

WIN



With New Zealand Kiwifruit

Win 1 of 4 great prizes from Teac and New Zealand Kiwifruit.

Please find enclosed a sample pack of entry forms. If you require more please contact mail@newmarkets.com.au

Kiwifruit is popular in school canteens. Please ask your fruit and vegetable supplier for information on price and availability.



GREEN GOODNESS AT A GLANCE

- Kiwifruit contain more Vitamin C than an orange.
- They have a healthy sodium to potassium ratio.
- 20% more folate per 100g than a banana.
- A low fat source of Vitamin E.
- Good levels of potassium.
- Excellent source of fibre.
- Kiwifruit contain zinc and magnesium.

Kiwifruit are ideal for a quick breakfast, a snack on the run, and/or as an inclusion to children's lunchboxes. Simply cut New Zealand Green Kiwifruit in half and scoop out the delicious flesh with a spoon or a spife (that's New Zealand for Spoon/Knife). New Zealand Kiwi Fruit have provided us with a limited number of spife's, which are a utensil for eating kiwifruit with ease. These will be available from Newcastle Markets free of charge upon request, only while stocks last.

Did you know? Kiwifruit can be frozen whole and eaten as a healthy refreshing alternative to iceblocks. Once frozen the flesh has a similar texture to sorbet.

Fresh For Kids Website – 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 & 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.

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 www.newcastlemarkets.com.au under the fresh approach program tab or you may email the team at mail@newmarkets.com.au

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

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