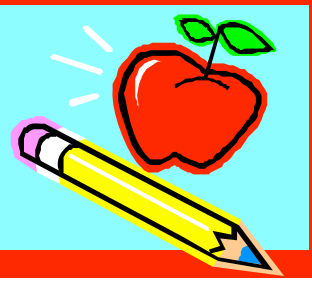


WEEK 1 – TERM 3 KIDS & FRUIT NEWSLETTER



Team @ Kids & Fruit

IN THE NEWS: AUSTRALIA OUTWEIGHS UNITED STATES ON OBESITY SCALES

1st



AUSTRALIA has overtaken the United States as the fattest nation in the world, with almost four million classed as obese.

The latest comprehensive obesity study has shown that 26 per cent of adult Australians - almost four million - are now obese, a million more than last calculated in 1999.

The notoriously super-sized Americans have a 25 per cent obesity rate.

"If there was a fat Olympics, we would be the gold medal nation," said Prof Simon Stewart, head of preventative cardiology at the Baker Heart and Diabetes Institute.

"Every American I have met visiting Australia in the last couple of months says 'Gee, you've overtaken us. You have more fat Australians than we have fat Americans', and they are right."

Another 5.4 million Australians are classed as overweight.

The crisis is expected to see almost 123,000 people die of weight-related heart disease over the next two decades.

"If we don't do something about this, we will have an MCG-sized crowd full of deaths over the next 20 years, directly as a result of our expanded waistlines," Prof Stewart said.

He will tell the Federal Government's obesity inquiry in Melbourne today that seven out of 10 middle-aged men, and six out of 10 women, are overweight or obese.

The Baker Institute report, entitled Australia's Future Fat Bomb, says growing waistlines will cause an extra 700,000 heart-related hospital admissions in the next two decades, costing the health system \$6 billion.

The obesity rate was determined by examining 14,000 adults at 100 centres across Australia last June.

Those with a body mass index of 30 or more are considered obese; those between 25 and 30 are overweight.

A person's BMI is calculated by dividing their weight by their height squared.

If the nine million overweight or obese Australians lost 5kg each, more than a third of those expected to die prematurely from heart conditions could be saved. If they lost 10kg, half would be saved.

Prof Stewart will ask for all levels of government to begin initiatives such as "healthy towns", where communities that band together to lose weight are rewarded with new sporting and other facilities.

The Baker Institute also wants obese people who are prepared to lose weight to get priority over other overweight people for elective surgery -- an idea rejected by the Australian Medical Association.

<http://www.news.com.au/heraldsun/story/0,,23892367-2862,00.html>

KIDS & FRUIT PROGRAM – CHANGES NEXT TERM





If your school is using the funding but did not receive a letter, can you please contact Sarah @ Kids & Fruit on (03) 5831 7291 before the end of term?

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THIS WEEK'S SCHOOL(S) QUESTION(S):

(1) DOES OUR SCHOOL HAVE TO FOLLOW THE CONSUMPTION GUIDE PROVIDED ON THE BOXES AND IN THE NEWSLETTER EVERY WEEK?

No. The consumption guide advises you of what is the most perishable to least perishable fruit or vegetables to eat. If your school believes contrary to the guide, then it is to your discretion what order the fruit is eaten in.

However, if the consumption guide advises you to eat fruit on a particular day and your school holds off until later in the week, in which time the fruit has perished, Kids & Fruit is not liable for crediting your school. For example, if Kids & Fruit advises your school to eat bananas on a Tuesday and your school waits until Thursday to eat them, in which time the bananas have gone brown, Kids & Fruit will not be in a position to credit your school.


KIDS & FRUIT'S FEEDBACK

Kids & Fruit often receives feedback from schools one or two weeks after the fruit in question has been supplied.

Kids & Fruit strives to work with schools in order to provide the best healthy eating program to it's students.

Therefore, the team @ Kids & Fruit cannot stress enough how important it is that if /when a school incurs a problem (eg. Spoilt fruit or late deliveries) that we are notified as soon as possible, rather than waiting one or two weeks.

WEEKLY RECIPE: FUN THAI NOODLES

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 8 oz. dried pasta (spaghetti or linguine, broken in half) • 2 Tbsp. smooth peanut butter • 1 orange -grated peel and juice • 1 Tbsp. soy sauce • 1 small clove garlic, pressed • 1 orange , peeled, cut into bite-size pieces • 2 Tbsp. green onions, thinly sliced 	<ul style="list-style-type: none"> • Cook pasta just until tender; drain in colander. • In same pot, combine peanut butter, orange peel and juice, soy sauce and garlic) • Stir over low heat for a minute or two. • Remove from heat, add cooked pasta and toss to coat. • Add orange pieces; toss gently. Serve on warm plates with green onions sprinkled on top. • Let stand 2 minutes before cutting into wedges.

<http://www.sunkist.com/recipesearch/displayrecipe.asp?id=314&servings=4>

KIDS & FRUIT PROGRAM – WEEK 12, TERM 2 2008 (Beginning Monday 23rd June 2008)

WEEKLY CONSUMPTION GUIDE		
If you received: Red Dijon/Carella Packham Pear Orange Granny Smith/Pink Lady	Kids & Fruit advises you eat it on a: Monday Delivery Day Tuesday (or advised on the box label) Wednesday (or advised on the box label) Thursday (or advised on the box label) Friday (or advised on the box label)	For those schools on a: 4-day program only 4, 3, 2-day program 4, 3, 2 and 1-Day program 4 and 3-Day program

*A 5-day program is not delivered this week due to the end of term.