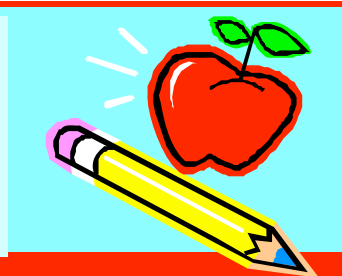


WEEK 2 – TERM 3 KIDS & FRUIT NEWSLETTER



Team @ Kids & Fruit

Welcome to this weeks newsletter:

Kids and Fruit would like to say that Sarah Sweeney is no longer with the Kids and Fruit Program due to her husband getting a promotion interstate. We wish Sarah all the best In her future endeavors and thank her for all of her efforts in the past 2 years.

The position has not been filled as yet so if there are any questions or queries could they be sent to accounts@kidsandfruit.org.au or phone 03 58317291 and we will make sure all enquiries are answered to the best of our ability.

The Kids and Fruit website is almost close to completion. Keep on eye on this space for further developments.

KIDS AND FRUIT FLEXABILITY

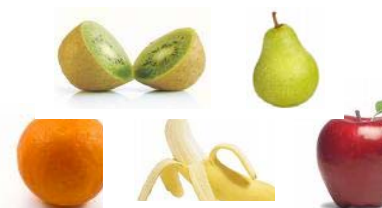
If your school wishes to change their number of students participating on the Kids and Fruit Program, please email Sue at accounts@kidsandfruit.org.au.

Kids and Fruit Is very flexible at changing delivery quantities to meet your schools requirements (etc going on a school excursion, or other activities). However PLEASE let Sue know before 4.00pm Wednesday afternoon prior to the next delivery.



KIDS & FRUIT PROGRAM – CHANGES FOR THIS TERM

Schools which are participating on the program using the Free Fruit Friday funding would have received a letter recently informing them of a change to the Kids & Fruit program.



If your school is using the funding but did not receive a letter, can you please contact accounts@kidsandfruit.org.au or on (03) 5831 7291.

FUN FACTS:

Fruit Stimulates Our Memories:

If you didn't know yet, fruit is the ultimate brain fuel. Fruit has a positive effect on our brains and makes you recall information easier and faster.

Fruit Consists For The Largest Part Of Water:

Just like the human body does. If you think about it, it's logical to consume food that contains as much water as your body does....


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: APPLES – HONEY BAKED

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 4 Medium Granny Smith apples (with Skin) • ½ cup Walnuts • 3 tablespoons raisins • 4 teaspoons brown sugar • 3 tablespoons honey • Juice of ½ orange • 1 cup grapes (optional) 	<ul style="list-style-type: none"> • Preheat oven to 180 c • Remove cores from apples • Finely chop 2 tablespoons of walnuts and combine with raisins and sugar. • Stuff mixture into cavities of apples. • Arrange apples on greased ovenproof dish and bake until tender. 20 to 25 minutes. • Combine honey, walnuts and orange juice in a small saucepan and heat gently for 5 minutes. Remove pan from stove and stir in grapes. • Spoon sauce over apples and serve.

<http://www.betterhealth.vic.gov.au>

KIDS & FRUIT PROGRAM – WEEK 2, TERM 3 2008

WEEKLY CONSUMPTION GUIDE		
If you received: Mandarin Packham Pear Pink Lady Orange Granny Smith	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: 5-day program only 5, 4, 3-day program 5, 3, 2 and 1-Day program 5 and 3-Day program

Hope you enjoy all the fresh fruit.

Kids & Fruit hopes you enjoy this week's program

Proudly Supported By:

