



Hi All,

Welcome to the final week of the Kids & Fruit program for Term 2 2008.

We can't believe that half of the school year is over already. How time flies.....

We look forward to working with you again in Term 3 to continue striving towards building better health choices for school children.

If you are any suggestions about what you would like to see included in the program next term, please do not hesitate to contact us on (03) 5831 7291.

Wishing you a happy and healthy week (and holiday).

Team @ Kids & Fruit

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## IN THE NEWS: Spinach holds hope for diabetics

Diabetics may soon be encouraged to take a leaf out of Popeye's book and chow down on more spinach or become happy little Vegemites with the news folic acid may help protect them from heart complications.

Folic acid is best known as a supplement taken by pregnant women to protect unborn babies from developing neural tube defects like spinal bifida.

But scientists have found that the vitamin has a new role - significantly reducing the rate of cardiac or heart complications..

Now, with a short course of folic acid treatment, we see a clear cut reduction in the death rates of cardiac cells. More importantly, the biology of the surviving cardiac cells is also improved, making these cells and muscles more resistant to future injuries from diabetes.

Diabetes is one of the most important risk factors for cardiovascular disease in Australia and internationally. Diabetics have an increased risk of heart failure largely due to the development of diabetic heart muscle disease or diabetic cardiomyopathy.

Up to a third of the cardiac cells can be destroyed or damaged as a result of high blood glucose levels experienced by diabetics. The development of new preventative strategies for cardiac muscle injuries in diabetics is extremely important in terms of reducing the overall cardiac complications and improving the clinical outcomes for sufferers.

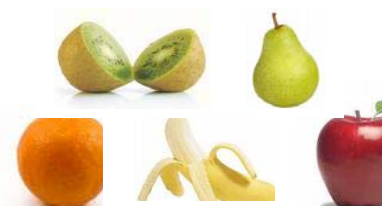
<http://www.theage.com.au/news/health/spinach-holds-hope-for-diabetics/2008/06/12/1212863813218.html>



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## KIDS & FRUIT PROGRAM – CHANGES NEXT 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 Sarah @ Kids & Fruit on (03) 5831 7291 before the end of term?

## 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

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

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

## KIDS & FRUIT PROGRAM – WEEK 12, TERM 2 2008 (Beginning Monday 23<sup>rd</sup> June 2008)

WEEKLY CONSUMPTION GUIDE		
<b>If you received:</b>  Red Dijon/Carella Packham Pear Orange Granny Smith/Pink Lady	<b>Kids &amp; Fruit advises you eat it on a:</b>  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)	<b>For those schools on a:</b>  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.

Kids & Fruit hopes you enjoy this week's program