

Media Release

Monday 18 August, 2008
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Apples for fundraisers!

The NSW Farmers' Association is promoting apples as a healthy alternative for school and child care fundraisers, as well as a delicious treat!

NSW Farmers' Association Horticulture Committee Chair and Orange apple grower Peter Darley will be handing out apples at the Narani Child care centre in Kogarah this Thursday, and donating boxes of apples for the children to sell as a fundraiser for the Centre.

He says that apples are a healthy alternative to other fundraising products and have four times the antioxidants of tea.

"It's important that Australian children are introduced to quality fresh fruit early in life to help ensure they appreciate good nutrition in the future," Mr Darley said.

"It has long been an initiative of the Association to encourage healthy eating by school aged children," he said.

Last year the Association organised Apple Quest 2007 in conjunction with Woolworths, which involved apples being distributed to primary schools in NSW by NSW Farmers' Association apple growers. The Association is currently looking at continuing the initiative in 2009.

"With the percentage of overweight and obese school aged children increasing, it is important to promote healthy, fresh food as a substitute to fast and often cheaper unhealthy foods," he said.

"Nutrition is so important for our children, and fruit is affordable, available and convenient as a snack," he said.

The program is funded by growers' levy funds, and Mr Darley says this again shows how resilient the industry is even in times of drought.

The apples will be handed out when parents come to pick up their children from the Centre.

Date: Thursday 21 August, 2008

Location: Narani Child Care Centre, 72 Carwar Avenue,
Carss Park (Kogarah Council area)

Time: 3pm to 6pm

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