

Monday 30 November 2009

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## Apple growers spreads Christmas cheer

The NSW Farmers' Association's Horticulture Committee will be donating 4,000 apples to the Sydney Special Children's Christmas party this week.

The Sydney Special Children's Christmas party caters for 5,000 seriously ill, disabled and disadvantaged children from all over Sydney and Country NSW, and Committee Chair Peter Darley says it's a great festive-season event.

"It's important that Australian children are introduced to quality fresh fruit to help to ensure they appreciate good nutrition in the future, and these children have to have a special focus on healthy eating," Mr Darley said.

"We were involved in the event last year and signed up again without the slightest hesitation."

It has been an initiative of the Association to encourage healthy eating by school aged children. 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.

"Nutrition is so important for our children, and fruit is affordable, available and convenient as a snack," Mr Darley concluded.

**Event:** Sydney Special Children's Christmas Party

**Location:** Rosehill Gardens, Rosehill

**Time:** 10am to 3pm Wednesday 2 December 2009

**Contact:**

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