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Adelaide Produce Markets Ltd.

Apple and Pear Growers
Association of SA Inc.

Australian Mushroom Growers
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Children, Youth and Women's Health
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Citrus Board of South Australia

Department for Environment and
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Department of Health

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Dr Anthea Magarey
Research Fellow - Nutrition

National Heart Foundation of
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Out of School Hours Care
(SA) Association

Primary Industries and
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SA Chamber of Fruit and
Vegetable Industries Inc.

SA Fresh Fruit Growers
Association Inc.

SA School Canteen Network

Snackfruit Australia Inc.

South Australian Association of
State School Organisations Inc.

The Cancer Council South Australia

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The SAFVC promotes
increased consumption of
fruit and vegetables through the
Go for 2&5™ campaign



Go for 2&5
FRUIT VEG

Get back to your roots!

Most people know that fruit and vegetables are 'good for you'; however despite all the evidence that eating a diet rich in fruit and vegetables can help prevent coronary heart disease, some cancers, overweight and obesity, constipation, reduce blood pressure and blood cholesterol levels and improve control of diabetes – South Australians continue to eat less than the recommended daily intake.

South Australian adults eat on average 1½ serves of fruit and 2½ serves of vegetables. This is below the recommended 2 serves of fruit and 5 serves of vegetables required each day for good health. Maybe it's time, and the season to go back to our roots and help boost our veggie intake?

Root vegetables are at their best in Winter. Project Coordinator and Dietitian Claire Gardner says 'Root vegetables are probably the most versatile of all vegetables, are packed full of vitamins and minerals and depending on supply are often excellent value for money'.

Root vegetables are the edible underground part of plants such as roots, tubers, corms and bulbs. Traditionally, root vegetables have been important staple foods for many cultures, however variety was sometimes limited. Today there is an abundance of different root vegetables available including: Beetroot, Carrots, Celeriac, Jerusalem Artichokes, Onion, Parsnips, Potato, Radishes, Shallot Bulbs, Sweet Potato, Salsify, Swedes, Taro, Turnips, Yam, the list could go on!

With this fantastic range of root vegetables available there should be no reason why our trolleys aren't full of them.

Mrs Gardner says 'Root vegetables can be used in everything from the traditional Sunday roast, to soups, stews, casseroles, frittatas and hotpots'

'They provide an easy way to warm you up from the inside this Winter, whilst helping you reach your 5 serves of vegies each day'

Consumers are encouraged to look out for seasonal produce information and warming Winter meal ideas at their local fruit and vegetable retailer.

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For further information please contact:

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