

SAFVC Members

Adelaide Produce Markets Ltd.

Apple and Pear Growers
Association of SA Inc.

Australian Mushroom Growers
Association

Children, Youth and Women's Health
Service (Centre for Health Promotion)

Citrus Board of South Australia

Department for Environment and
Heritage (Office of Sustainability)

Department of Health

Dietitians Association of Australia
(SA Branch)

Dr Anthea Magarey
Research Fellow - Nutrition

National Heart Foundation of
Australia (SA Division)

Out of School Hours Care
(SA) Association

Primary Industries and
Resources SA

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

Fuel up on Fruit and Veg this Spring for healthy, active living.

Now that the warmer weather of Spring has arrived its time to dig out your sandshoes and dust the cobwebs off your bicycle for some outdoor activity.

This Spring South Australia will hold the annual City to Bay fun run (September 18th), while the Australian Masters Games, celebrating its 10th year, returns to Adelaide for a 3rd time from 7th-16th October.

These events provide a great opportunity for the whole family to enjoy physical activity. While you and your family are out and about being active why not combine it with healthy eating through fruit and veg to really enjoy a healthy lifestyle.

Project Coordinator for the 'Promoting Consumption of Fruit and Vegetables in SA' Project and Dietitian Claire Flanagan says 'fruit and veg not only taste great but provide you with range of vitamins, minerals and fibre and when coupled with a balanced diet the energy you need for active living.

This Spring there is a fantastic variety of fruit and vegetables available and their versatility makes them the perfect food of choice as a snack or as part of a meal.

By snacking on fruit and vegetables throughout the day and adding an extra serve of vegetables to your lunchtime sandwich and main meal, Ms Flanagan says you will be well on your way to getting your 2&5™ a day, with energy to burn."

So make sure you fuel up on fruit and veg this Spring and enjoy a healthy active lifestyle.

END

For further information please contact:

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