

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

Fire Up For a Healthy Australia Day BBQ

Fire up the barbecue this Australia day and enjoy fresh air, family, friends and good food.

The South Australian Fruit and Vegetable Coalition (SAFVC) is encouraging consumers to test their barbecuing skills this Australia Day and look for innovative and creative ways to add more fruit and veggies to their hot plate.

SAFVC Secretariat and Project Coordinator for the 'Promoting Consumption of Fruit and Vegetables in SA' Project, Claire Flanagan says "that most Australians easily eat their recommended daily intake for red meat, however are falling short when it comes to fruit and vegetables.

On average, South Australian adults eat 1½ serves of fruit and 2½ serves of vegetables – half the recommended daily intake for good health"

The health benefits of a diet rich in fruit and vegetables are well documented and include a reduced risk of developing coronary heart disease, some cancers, overweight and obesity and constipation.

Ms Flanagan says "it is important to encourage consumers to incorporate fruit and vegetables into their diets in as many ways as possible, including the traditional Aussie barbecue."

So make Australia Day an opportunity to try some healthier barbecue alternatives. Follow these tips and you will be well on your way to barbecuing for better health:

- Supply a mix of dishes including red meat, poultry, fish and plenty of salads and vegetables.
- For economy and flavour choose ingredients that are in season, especially fruit and veg.
- Choose lean cuts of meat, poultry without skin, fresh seafood or reduced fat sausages.
- Provide a range of healthy salads.
- Add barbecued vegetables to your menu. For example try jacket potatoes wrapped in foil, vegetarian patties, vegetable kebabs, corn on the cob, marinated mushrooms, or char grill asparagus, capsicum and eggplant.
- Offer a platter of fresh seasonal fruits or large bowl of fruit salad.

Local Government Councils have all received the SAFVC's fact sheet: 'Barbecuing for Better Health' (see attached) and have been encouraged to set the standard for healthy eating at local community Australia Day BBQ's across the state.

Remember for healthier Summer entertaining make sure fruit and veggies play a prominent role in your menu and on your hot plate!

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For further information please contact:

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