

## 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



# Warm Up this Winter with Fruit & Veg June-August

Bring a little warmth into your life this Winter by enjoying the bounty of fruit and vegetables available this season.

This Winter the South Australian Fruit and Vegetable Coalition (SAFVC) is promoting the heartening effects of Winter fruit and vegetables, helping up to stay warm and healthy by getting our 2 serves of fruit and 5 serves of vegetables each day.

Project Coordinator and Dietitian Claire Gardner says, 'one of the barriers to an adequate vegetable intake is the perception that vegies are difficult and time consuming to prepare'.

'This doesn't have to be the case', says Mrs Gardner, 'Hearty vegetable soups, stews, casseroles, pasta, curries, frittatas and hot pots are some examples of quick and easy meal ideas that are packed full of vegetables'.

South Australian adults eat on average only 2½ serves of vegetables a day. Mrs Gardner says, 'Winter offers a fantastic range of vegies to help boost our intake to the recommended 5 serves per day'.

There are also a great variety of fruits available during Winter. Apples, including Fuji, Golden Delicious, Granny Smith, Pink Lady, Red Delicious and Royal Gala varieties, pears, mandarins, kiwi fruit and grapes are abundant in Winter and make a convenient, tasty snack. Tamarillos and tangelos also enter the market during the cooler months and offer a tasty alternative to some of the traditional favourites.

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

**END**

For further information please contact:

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*Promoting Consumption of Fruit and Vegetables in SA Project*

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