

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



What's in season this Spring?

A change in weather as the seasons pass from Winter to Spring brings a resultant change in the supply of fruit and vegetables. The warmer months of Spring also bring a change of cravings from hearty soups and casseroles to much lighter fare.

In Spring there are so many different fruits and vegetables to choose from. Fresh greens burst onto the marketplace while a variety of fruits are in abundance. Some of the more exotic fruits available during Spring including blood oranges, cumquats, pawpaw, papaya and tamarillos.

The King of Spring greens – asparagus is the vegetable that most signifies the arrival of Spring. Rich in vitamins A, C, E and folate and quick and easy to prepare asparagus is a great way to boost your vegetable intake. Choose tender straight stems with compact tips and store in an airtight bag in the refrigerator crisper.

On average most South Australian adults eat approximately 1½ serves of fruit and 2½ serves of vegetables each day – half the recommended 2 serves of fruit and 5 serves of vegetables each day for good health.

The South Australian Fruit and Vegetable Coalition (SAFVC) in collaboration with the South Australian Department of Health are promoting Spring fresh fruit and veg through the Go for 2&5™ message and a seasonal promotion campaign. This season the theme is **'Spring to life with Fruit and Veg!'**

SAFVC Secretariat and Project Coordinator for the 'Promoting Consumption of Fruit and Vegetables in SA' Project, Claire Flanagan, says "consumers should take advantage of the fantastic variety of South Australian grown fruit and vegetables available this Spring.

Fruit and vegetables when eaten in season provide best value for money, taste better and are of better quality than out of season produce.

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."

Consumers should look out for seasonal produce information at their local fruit and veg retailer this Spring.

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For further information please contact:

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