

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



National Nutrition Week Focuses on Fruit and Veg!

'Get the Edge with Fruit and Veg' the theme to this years National Nutrition Week (16th-22nd October) is welcomed by the South Australian Fruit and Vegetable Coalition (SAFVC).

Increasing fruit and vegetable consumption is a national and state health priority. The SAFVC in collaboration with the South Australian Department of Health are promoting increased fruit and vegetable consumption through the Western Australian developed Go for 2&5™ message.

This season the Coalition is promoting the first of an ongoing seasonal promotion campaign with 'Spring to life with Fruit and Veg!'

Project Coordinator and Dietitian, Claire Flanagan says "National Nutrition Week is a great platform for the community to assess their own fruit and vegetable intake.

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

Ms Flanagan says "the campaign aims to show the public just how easy it is to get an extra serve of fruit and vegetables into their day – after all we are already half way there!"

Look out for fruit and veg activities in your local area during National Nutrition Week.

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For further information please contact:

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