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Sydney Markets helping Old Guildford Public School lead the way

Old Guildford Public School reinforced their healthy lifestyle message on Tuesday 25 November with a visit from Sydney Markets representatives and their Fresh for Kids mascot, Captain Capsicum.

The school's fitness and healthy lifestyle program – Healthy Eating at Old Guildford- has received a funding boost from the School Sport Foundation Grants Fund to help promote the consumption of fresh fruit and vegetables.

Student teams (led by a teacher) will research healthy recipes through internet resources and present these to their families and the wider community. Recipes and healthy eating tips will be included in the school newsletter and hands-on cooking lessons with targeted teams will be provided. This will support current health programs in all K-6 classes, and aims to change bad eating habits into good ones. The school is currently conducting a series of information sessions for parents with new ideas for nutritious meals. In 2009 a school recipe book will be created to promote healthy eating at home and will be edited and produced by a school team.

“This funding has enabled our school to implement a program that emphasises physical activity and healthy eating throughout the school,” the Principal of Old Guildford Public School, Kay Campbell, said.

“At our school we promote the importance of a healthy and active lifestyle and introducing this program has helped us encourage students to get involved in sporting initiatives and eat healthy foods.

“Sydney Markets and Captain Capsicum brought a range of different fruits to the school as part of their visit, so that the students could sample all the different types of healthy snack options available.

“This will help reinforce the healthy lifestyle message we try to encourage at Old Guildford Public School.”

Sydney Markets is a sponsor of the School Sport Foundation Grants program, which was established to assist with the development of sport and healthy lifestyle initiatives in NSW schools. The Foundation supports all school sport programs ranging from elite level competition in the representative programs, through to grassroots participation in schools via the Grants Fund.

“Sydney Markets sponsors the School Sport Foundation to help provide these opportunities to schools to promote the importance of being healthy,” Melissa Kolc, Marketing Programs Manager for Sydney Markets, said.

“Through *Promoting the Consumption of Fresh Fruit and Vegetables* category we are able to emphasise the importance of healthy eating together with regular physical activity.”

Sydney Markets 'Promoting the Consumption of Fresh Fruit and Vegetable' Grants – further information:

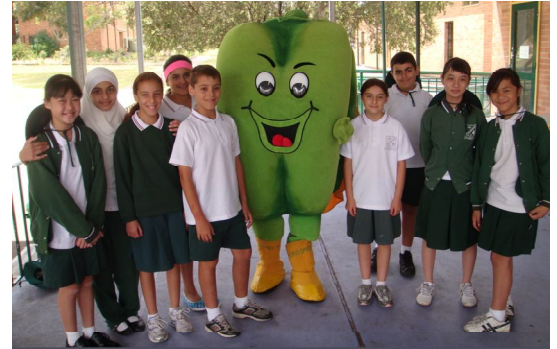
Sydney Markets have been able to deliver a healthy lifestyle message for several years as a major sponsor of the School Sport Foundation.

A grant fund category titled 'Promoting the Consumption of Fresh Fruit and Vegetables' is dedicated to promoting the importance of eating fruit and vegetables within schools across NSW.

The Sydney Markets grant fund has been seen as a successful initiative in its ongoing benefits to students within the community.

For more information about the Sydney Markets 'Promoting the Consumption of Fresh Fruit and Vegetable' Grants please contact:

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