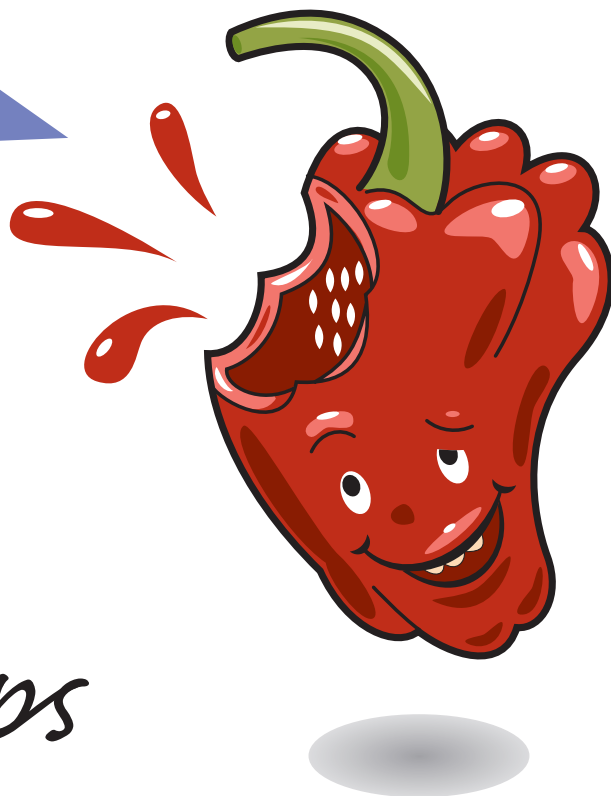


# Kids – 'Go for your life'

Home Economics Victoria's Fruit + Veg Program is a partner program of Kids – 'Go for your life', which is managed by Cancer Council Victoria and Diabetes Australia – Vic



## 2010 Workshops

As part of the Victorian Government's Kids – 'Go for your life' initiative, Home Economics Victoria is pleased to offer Victorian primary schools an exciting opportunity to participate in a free, healthy eating workshop. With a focus on fruits and vegetables, these Fruit + Veg workshops will provide schools with **free** resources and practical strategies for promoting healthy eating. We invite two teachers and a parent/canteen representative from each Victorian primary school to attend. The 2010 workshops will be held throughout Victoria during February and March.

## Fruit + Veg Program 2010

The aim of the Fruit + Veg Program is to increase the consumption of fruit and vegetables among primary school-aged children by providing opportunities for them to plan, prepare, taste and be creative with these foods. The training and resources provided by the program encourage primary schools to employ a whole-of-school approach to health, thereby playing an important role in the promotion of nutrition through both community and curriculum.

In addition to the VELs teachers' manual, canteen resources, brochures and stickers, the 2010 Fruit + Veg Program will provide participants with posters, food safety booklets and strategies for linking in with retailers to support your school adopting the Free Fruit Friday initiative. Make sure you update your school's healthy eating program with these resources to add value to your current Fruit + Veg Week celebrations.

Fruit + Veg Week 2010 will be 17–21 May. During this week students can take part in a range of activities focusing on healthy eating while benefiting from the involvement of fruit and vegetable retailers, local government, parents and the school canteen. All participating schools will receive a Certificate of Merit.

Complimentary places are available for **two teachers** and **one parent/canteen** representative from each school to attend a regional Professional Development activity to learn more about the program. Please note teachers participating in the program are expected to undertake an evaluation.

To attend, please complete the 2010 Fruit + Veg Expression of Interest form. For more information, contact **Jane Hill, Fruit + Veg Co-ordinator** on **03 9888 2240** or **fruitveg@hev.com.au**. To learn more about the Victorian government's Kids – 'Go for your life' initiative, please call the infoline on **1300 73 98 99** or visit the website **www.goforyourlife.vic.gov.au/kids**

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## Fruit + Veg Program 2010

### Expression of Interest

All information is required to be completed on the registration form below and must be returned to Home Economics Victoria **at least one week prior to the professional development activity.**

**Facsimile: 03 9888 2241 or mail to Home Economics Victoria, 3 Windsor Ave, Mt Waverley 3149**

**Telephone: 03 9888 2240 Email: fruitveg@hev.com.au**

**School name:** \_\_\_\_\_

School address: \_\_\_\_\_

Postcode: \_\_\_\_\_

School telephone: \_\_\_\_\_

School facsimile: \_\_\_\_\_

Postal address (if different from above): \_\_\_\_\_

Postcode: \_\_\_\_\_

Is your school a Kids – 'Go for your life' member or Award school?  Yes  No

How many students from your school will be participating in the 2010 Fruit + Veg Program? \_\_\_\_\_

How many classes will be participating in the 2010 Fruit + Veg Program? \_\_\_\_\_

Up to two staff members from each school will be provided with complimentary attendance at the PD activity in their region.

Each participating school must provide the names and email addresses of the staff member/s attending the PD.

One  Two teacher/s will be attending the regional professional development activity

1 Name: \_\_\_\_\_

Email: \_\_\_\_\_

2 Name: \_\_\_\_\_

Email: \_\_\_\_\_

Name of contact person for Fruit + Veg Program: \_\_\_\_\_

Position at school: \_\_\_\_\_

Email for contact person: \_\_\_\_\_

Participating schools are encouraged to invite one parent and/or canteen representative to attend the workshop.

Each school must provide the name of the parent representative attending.

Yes – We will be bringing a parent/canteen representative.

Representative's name: \_\_\_\_\_

Principal's name: \_\_\_\_\_

Principal's email: \_\_\_\_\_

Principal's endorsement: \_\_\_\_\_

*(Principal's signature is required for participation in the program)*

Please indicate which PD you will attend. Workshop times are 4:30pm – 6:30pm (Registration from 4:00pm):

- |                                                                                                           |                                                                                                              |                                                                                                           |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>Gippsland – Nowa Nowa Hall, Nowa Nowa</b> 22 February 2010                    | <input type="checkbox"/> <b>Hume – Beechworth Memorial Hall, Beechworth</b> 3 March 2010                     | <input type="checkbox"/> <b>Barwon South Western – Surfside Primary School, Ocean Grove</b> 11 March 2010 |
| <input type="checkbox"/> <b>Southern Metro – St Thomas More Primary School, Mt Eliza</b> 23 February 2010 | <input type="checkbox"/> <b>Northern Metro – Mount Ridley P-12 College, Craigieburn</b> 4 March 2010         | <input type="checkbox"/> <b>Grampians – Avoca Primary School, Avoca</b> 16 March 2010                     |
| <input type="checkbox"/> <b>Eastern Metro – Wesley College, Elsternwick Campus</b> 25 February 2010       | <input type="checkbox"/> <b>Loddon Mallee – Mildura Primary School – Senior Campus, Mildura</b> 9 March 2010 | <input type="checkbox"/> <b>Western Metro – Wedge Park Primary School, Melton</b> 17 March 2010           |

Additional details regarding the PD will be sent upon receipt of a completed Expression of Interest form.