



SCHOOLS PROGRAM



Market Fresh™
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WHAT YOU NEED TO KNOW

COST

A small fee per session is charged, which will be invoiced one month prior to your booking. (The fee is non-refundable for cancellations made within two weeks of session.)

SESSION NUMBERS

The program is tailored to suit junior school and senior students in both metropolitan and regional areas. Special schools, probus and community groups can also be accommodated. Maximum session size of 120 students is recommended.

SESSIONS

Each session takes around an hour, plus preparation time of the produce for tasting. The MarketFresh Schools Program requests that parents and/or teachers be available an hour before each presentation to help prepare the produce.

The MarketFresh Schools Program is designed to educate children about the importance of fruit and vegetables in their diets and the processes involved in bringing the produce to their home.

The program covers:

- The seasonality of produce.
- How fruit and vegetables are grown.
- The uses of fruit and vegetables.
- The importance and benefits of eating fruit and vegetables daily.
- Tasting of fresh seasonal produce.

It includes an animated video developed specifically for children, detailing the Melbourne Market, and its role in Victoria's fresh produce supply chain.

The program concludes with questions being answered and a tasting of seasonal produce such as oranges, bananas, avocados, celery, capsicum, apples, carrots, pears, mushrooms, tomatoes, asparagus and pineapple, as well as some exotic items.

The MarketFresh Schools Program fits into many areas of learning. Some schools request a visit from the MarketFresh Schools Program as part of learning about nutrition in health lessons and others when they are establishing school vegetable gardens.





30,000+

Students receive the program every year

“Just a note to thank you and your staff for the wonderful incursion. The beautiful fresh fruit and vegetables, so well presented, certainly encouraged the children to ‘eat these most’. We hope we will see Carolyn and Teisha again next year. Please congratulate them on their work and again thank them for making this such a worthwhile activity.”

Monica, Prep Teacher



THE AIM OF THE MARKET FRESH SCHOOLS PROGRAM IS:

EDUCATION

Introduce children to fruit and vegetable that many have not previously experienced.

NUTRITION

Increase awareness off the importance of eating fresh fruit and vegetables and create new opportunities for learning about nutrition at school and at home.

CONFIDENCE

Give children the confidence to try different produce and experience new tastes.

FUN

Make learning about fruit and vegetables fun.





BOOKINGS

**To organise a nutrition session
at your school, please contact:**

MarketFresh Schools Presenter
Melbourne Market Authority
Box 1, 55 Produce Drive
Epping 3076

Phone: 9258 6100

Email:

marketfreshschools@melbournemarket.com.au

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