

Press Release

Adelaide Produce Market



Tuesday, 30 March 2010

Add Some Fruit and Veg to Your Easter

This year, add a new tradition in your family by adding some fruit and vegetables to your Easter.

Most South Australians this Easter will be getting ready to unwrap chocolate Easter eggs and Easter bunnies, pop numerous hot cross buns in the oven and set up Easter egg hunts for their children. However, with most people not getting the daily recommended intake of 2 serves of fruit and 5 serves of vegetables, South Australians are being encouraged to eat less chocolate this Easter and more of what the Easter Bunny actually craves - fruit and veg.

Start your Easter morning on the right hop, with this season's best fruit so you and your family can have plenty of energy to thoroughly enjoy the Easter egg hunt. Add a grand finale to the Easter egg hunt with a melon basket full of fresh fruit and vegetables. Make your job easier and get the kids to help you with the melon basket, they are bound to have a great time in carving out the inside of the melon and contributing to its design.

Finish off your Easter morning with a delicious Easter breakfast by preparing for your family scrumptious;

- Banana/ savoury toasties
- Mushroom and tomato or garlic and tomato bruschetta with some freshly squeezed fruit juice.

And for something to eat later on in the day bake some delicious carrot and parsnip muffins. It will definitely keep you, the kids and the Easter Bunny happy.

Go for Fruit and Veg this Easter. Go for 2&5® Everyday!

For tips and recipes, go to: www.gofor2and5.com.au

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