

Press Release

Adelaide Produce Market



Monday, 7 June 2010

Enjoy the World Cup with Fruit and Veg

With the 2010 FIFA World Cup South Africa starting this Friday most of you have, by now, marked in your diary when Australia will be playing and are already anticipating how you are going to tackle the late nights and early mornings that you'll endure in the process.

With most South Australians facing work the next day, what better way to tackle your sleep deprived day than by going for 2 serves of fruit and 5 serves of vegetables everyday.

With an abundant amount of fruit and veg to choose from, start your early mornings with a breakfast full of delicious fruit. Some juicy persimmons, nashis and some tasty bananas will go down nicely while watching the game and will also boost your energy levels up during the day.

For an afternoon pick-me-up add to your lunch box a light and easy Greek Salad or a Citrus Coleslaw. When you really start to feel the drawbacks of lack of sleep, some home made Carrot and Parsnip Muffins will help you get through those long afternoons at work.

Going for 2 serves of fruit and 5 serves of vegetables everyday is your best bet to keeping your energy levels up for the World Cup and for work the next day.

Go Australia. Go for 2&5® Everyday!

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

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