



Additive
Education

SAFE Newsletter

October 2008

The SAFE School Canteen Newsletter Supports Additive Free Eating in schools, kinders and childcare centres, by providing up-to-date information on the effects of some food additives on children, and by promoting additive free products or food services.

The SAFE Newsletter can be seen on the web at http://docs.google.com/Doc?id=dfhk2f8f_8hg2b8zcs and is available to be downloaded in various formats at <http://groups.google.com.au/group/safenewsletter/web/download-safeoct08>

The SAFE newsletter is free. To subscribe just send an email to safenewsletter-subscribe@googlegroups.com

THIS MONTH

Update on the Kids First Campaign

In the first two weeks of the campaign nearly 10,000 people have signed the online petition to ban the use of six artificial food colours. What a fantastic start! The campaign aims to gather as many signatures as possible, initially before the Food Standards Ministerial meeting on October 24th. If you haven't already done so, please sign online now! I know many of you have already circulated info about the campaign to your networks, but if you have an email network and haven't done so, please send out some info to your contacts directing them to join the campaign at www.additivealert.com.au.

Allergy and Additive Free Cake by Brumby's in Mt Waverley Victoria

Ask Andrew to make you a SAFE Birthday Cake, ideal for allergy free celebrations at kinder, school or home. The iced cake looks like a large pear scroll and is beautifully presented in a red Brumby's cake box. It is guaranteed free from nasty additives, nuts, egg and dairy, and costs only \$7.50. He also makes to order FAILSAFE finger buns, pear scrolls and donuts! Ph:9807 3390.

Looking for a pre-packaged additive free food to replace chicken nuggets?

Tivall Vegetarian Nuggets are available through Trialia Foods Australia, located in Melbourne. They passed our Kids and Mums taste test with flying colours and retail at \$6.30 for a box of 12 nuggets (have not heard back about wholesale price). Ph: 03 97011666 or email: info@trialiafoods.com.au

New Aussie Lunch Box

The Boxy Design lunchbox requires absolutely no glad-wrap, using liquid proof containers to save on packaging and plastic. Featuring four different storage areas, child-friendly clips and dishwasher safe, this is one lunchbox that will pack the perfect lunch! The range also includes a backpack, with built-in compartments to house a freezer gel-pack, drink bottle and the lunchbox. The lunchbox is \$19.95, and the liquid proof containers are \$4.95 and can be purchased by calling 1300 884 871, or visiting www.boxydesign.com.au.

Catering Service for School Canteens in Melbourne

Noula Kirlis from The Organic Kitchen Catering has a School Lunch Order Service that makes additive free chicken burgers, bolognese sauce, sausage rolls, apple pies etc. Foods can be frozen and used as required. Contact Noula to see her home made children's menus that are affordable, nutritious and environmentally responsible. www.theorganickitchen.net

Do you know of a similar service in your area that will provide suitable additive free food to school canteens? Please let us know.

Hip Hop Bars Two Week Additive Free Challenge

Hopper is putting out an "Additive Free for 2 Weeks" challenge to schools. The challenge involves removing food additives including preservatives, artificial colours and flavours as well as flavour enhancers from the children's diets for 2 weeks and experiencing the difference it makes to their behaviour, learning and health. For each box of Hopper Hip Hop bars that is purchased during the challenge (and 2 weeks after) Hopper will donate \$0.50 to the school to be redeemed as sporting goods. Further tools and information are available at www.smartsnacks.com.au.

Regards

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www.additiveeducation.com.au