

used by schools and health groups, the Jamie Oliver Food Revolution USA and Diet and Behaviour UK.

July Avoiding Additives is Healthy Eating

Fun with Additive Free Food Trials

Kerikeri Kindergarten's 2013 additive free school trial is still in operation even though the trial took place nearly a year ago. Grandparents have told me that the improvements in the health, mood, learning and behaviour of these pre-schoolers over a few days, make it worth avoiding additives on a daily basis. This trial has developed into a 5 day/forever healthy eating focus.

Before the additive free school trial, each family paid \$10 for lunches and snacks. Wall charts listed dinner meal suggestions for the week. Families donated fresh wholesome vegetables, meat and seafoods including crayfish and oysters. Children were encouraged to try everything. There is a charming photo of two little girls munching with relish, a brussel sprout!

Head teacher Cheryl Kingi gave a presentation at the 'Brain Food' forum' held earlier this year at Riverview Primary School in Kerikeri. She thinks that exposing New Zealand school children to additives especially ones that have been banned in many countries around the world, is deplorable. Cheryl would like primary schools to undertake additive free school trials and will be giving a presentation to the Northland Kindergarten Association.

'Brain Food' Kerikeri is a group of professionals working to promote additive free school trials in Northland. A parent nutrition brochure is available free of charge from Poppies Kerikeri and funded by the Oxford Sports Trust of Whangarei. Dr. Debbie Fewtrell of TV 3's 'What's Really in Your Food?' gives an outstanding presentation at these forums. Dr. Fewtrell is available for private consultations and is particularly interested in problems on the autistic spectrum including ADHD.

'The 'Brain Food' team has several requests for forums in schools and Far North communities and is hoping to raise money for a professional filming that can be

used by schools and health groups, the Jamie Oliver Food Revolution USA and Diet and Behaviour UK.

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Before the additive free school trial, each family paid \$10 for lunches and snacks. Well this is not done any more. Under the trial, families brought fresh wholemeal vegetables, fruit and soya, including wheat and soya. Children were encouraged to eat anything. There is a charming photo of two little girls munching with relish, a brussel-sprout!

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