

Healthy Catering in School Canteens Vital in Tackling Childhood Obesity

By Fresh n Fast Group Australia

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Healthy school catering business helps canteens tackle childhood obesity.

Sydney: School canteen catering business, Fresh n Fast Group Australia (www.freshnfast.com.au) today commented on the Federal Government inquiry into childhood obesity being conducted by The House of Representatives Health Committee.

Manager Judi Taylor said, “Many parents are trying really hard to watch what their children eat, but only half the battle is at home. When your kids are at school 5 days a week it doesn’t matter how well they eat at home if all that is on the menu at school is fried, fatty food. The federal government needs to take seriously the negative impact that many school canteens have on the diets of young Australians and the serious contribution this is making to childhood obesity.”

Taylor continued “Fresh n Fast makes it easy for schools to offer quality, fresh food at an affordable price. Not only is our menu healthy and seasonal, it has also been designed with kids in mind so we’re offering them food they want to eat.”

Fresh n Fast Group Australia is a privately owned catering company, currently operating in NSW and ACT schools and colleges. In addition to nutritious and appealing menus, its school canteen fit-outs have been specially designed to look fresh and clean, giving school’s a cafe corporate image.

In addition to a blackboard menu, Fresh n Fast also has a range of “lunchbox” menus, making it easier for parents to pre-order online via the website.

For further information about Fresh n Fast, including brochures to present to your school for consideration, please contact:

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