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Markets donate for kids' future health

THE Capital Region Farmers Market and its founder, the Rotary Club of Hall, have donated \$8,760 to former Olympian Robert de Castella's SmartStart for Kids! Program.

Established at EPIC in March 2004, the Capital Region Farmers Market draws on an exciting diversity of food and agricultural produce, much through young and emerging agribusinesses from across the region, spanning from the mid Coast of NSW to Orange, Grenfell, Wellington, Temora, Leeton, Young, Tumut, Batlow, Yass, Hall, Cooma, Bega, the Illawarra and Queanbeyan.

The donation will help promote health and fitness for Narrabundah Primary School

students. Robert de Castella said the Farmers Market donation served to provide all the children at Narrabundah Primary School with the opportunity to be part of the Healthy Exercise and Living Program (HELP), which is part of the SmartStart initiative.

The SmartStart for Kids! Program is designed to profile risk, monitor changes in health, promote good health behaviours and practices and encourage appropriate self-responsibility in children, their parents and schools.

Since its foundation in 1999, SmartStart has conducted its program with about 40,000 students in over 70 schools in the ACT, New South Wales, Queens-

land and South Australia. Capital Region Farmers Market president Roger Powell, SmartStart founder Robert de Castella and Narrabundah Primary School principal Daniel Zobel will attend the markets tomorrow at EPIC with Mr de Castella discussing Narrabundah's SmartStart program results.

Fitness activities, assessments, games for children and tips for parents and the whole family will be offered at the markets.

Around \$150,000 generated each year from the Farmers Markets is fed back into the Canberra regional community and other international charities.



LEADING THE WAY: Robert de Castella promotes health and fitness in young Australians through the Smartstart for Kids! program.