Kirton Point PS

Banana Smoothie Fundraiser

An *eat well be active* - Primary Schools project school

On Thursday, 10th May (Week 3, Term 2), our class held a Smoothie Day to raise money for our class camp to Rawnsley Park Station in the Flinders Ranges. This was a healthy option for students, as opposed to selling milkshakes or chocolates, and it fitted in well with our school’s nutrition policy. The entire class worked extremely hard on the day and were able to use some great team work skills, such as sharing, cooperation, respect and collaboration, in order to make the 130 orders for banana smoothies. Students also had to read and follow a recipe, maintain organisation, read orders and deliver them to classes. What a great learning experience and a super fun way to raise funds!

We were lucky enough to receive donations in the form of ‘Gift Cards' and plastic cups from local businesses. The gift cards were used to put toward the cost of ingredients. A HUGE thank you to our local businesses for supporting our fundraising endeavours! Well over $200 was raised all together - A FANTASTIC effort all round! We have included our recipe below, so that you can have a go at making these delicious smoothies too!

Mrs. Dennis and the Year 6/7’s (Room 14)
Kirton Point Primary School, Port Lincoln, SA

**Ingredients:**
- 4 bananas
- 720ml skim milk
- 2 cups low fat yoghurt

**Makes 4 Smoothies**

**Method:**
1. Chop bananas into pieces
2. Place chopped bananas, milk and yoghurt into the blender
3. Blend until all ingredients are well mixed
4. Pour mixture into cups
   *Wait for bubbles to settle and then pour remainder into cups*

**BANANA SMOOTHIE RECIPE**

DL:0899.info@schools.sa.edu.au

*eat well be active* - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.