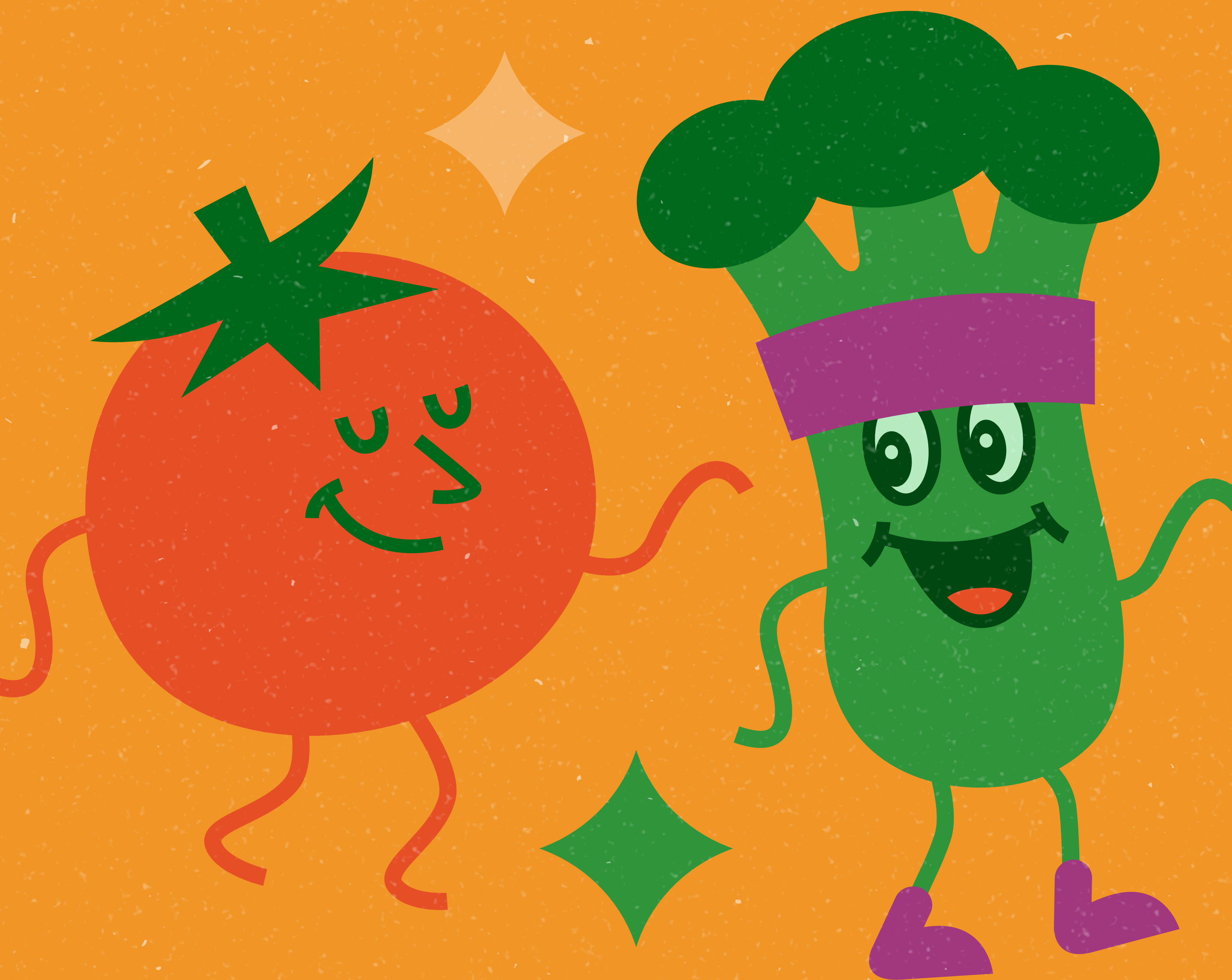


fresh FEST

EVENT PROGRAM



MAJURA PARK

CANBERRA
AIRPORT



MASCOT APPEARANCES



11am onwards

Viktor and Velda

11am – 2pm

Barry Broccoli

11am – 2pm

Brumby Jack

12pm – 1pm

Ikea Fabler Bear

12pm – 3pm

Kingsley the Platypus

1pm – 3pm

Lollipops Cat



FREE KIDS ACTIVITIES

10am - 3pm

Build a Truck at NoWaste

Plant Your Own Seedlings at
Denman Little Growers

Jumping Castles

Face Painting

Doodle Booth

Glitter Tattoos and Crafts with Bunnings

Write a Letter to Your
Favourite Raiders Player

Water Safety colouring in with King Swim

Hair Styling Station with Just Cuts



INTERACTIVE WORKSHOPS AND EXPERIENCES

TOGETHER STRONG PHYSIO

10:30AM – 10:45AM

Mums and Bubs Movement

Gentle, guided exercises
you can do with your baby

11:30AM – 11:45AM

Kids Strength Challenge Fun movement
activities to get kids involved

12:30PM – 12:45PM

Why Strength Matters

A short talk on the importance of
strength for women's long-term health

1:30pm – 1:45pm

What Bone Building Exercise Looks Like

A practical demonstration with optional
participation

GET MOVING: HANDS-ON ACTIVITIES AND WORKSHOPS

10:00AM – 12:30PM

Car Maintenance Workshop with Autoco

10:00AM – 3:00PM

Get Moving with Eighty8 HP

10:00AM – 3:00PM

Cam Hill Simulator and Reaction Lights

10:00AM – 3:00PM

Brumbies Pass the ball Activity

10:00AM – 3:00PM

Flat Pack Building competitions with Ikea



BITES TO EAT

10am - 3pm
(Or until stocks last)



**Blend your own Smoothie
with Bike N Blend**

**Sampling & Fondue Station
with Costco**

Fresh Fruit with Harris Farm

Slinko's Chips on a stick

Harmoine German Club

Le Petit

Neat Street Coffee

Jarochos



YOUR CHANCE TO GIVE BACK WITH OZHARVEST



Grab some OzHarvest Use it Up Tape!

Designed to reduce household food waste.

OzHarvest Learning Craft Activities

Fun, hands-on crafts that teach kids about reducing food waste & caring for their environment.

Do your bit to help those in need!

OzHarvest will have one of their vans on site as part of thier 'Fill the Truck' iniative, with the goal of filling it by the end of the event.

Stop by their tent to see which items are needed, then pick up a few extra groceries while you shop at Harris Farm, Woolworths, Costco or Aldi on the day.

