

INSPIRE YOUR COMMUNITY TO BE HEALTHIER IN A FUN WAY AND MAKE MONEY

# eat COLOURFUL FUNDRAISING

Profit margin of 40%  
by building a  
healthier food culture!

## First Knife & Next Knife

FOOST FIRST KNIFE  
suitable for 2+

FOOST NEXT KNIFE  
suitable for 6+

Foost knives will cut fruit and veggies but not little fingers allowing kids to safely help in meal preparation and gain independence at the table.

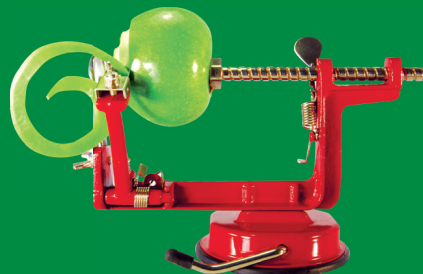


YOUR PROFIT  
\$4 per knife

SELL FOR  
\$10

## Apple Slinky Machine

Because apples taste sweeter when they are slinky.



YOUR PROFIT  
\$8 per item

SELL FOR  
\$20

Slinky Apple Recipes  
at [foost.com.au](http://foost.com.au)

## Eat Colourful Meal Planner and Shopping List

Helping families plan nutritious meals

### GO, GROW, GLOW

help with meal planning and shopping. Reduce stress, wastage and make cooking easier!



Tear off weekly meal planner, magnetic back  
14 x 25cm



Tear off pages, magnetic backing  
21 x 9.5cm

YOUR PROFIT  
\$6 per set

SELL FOR  
\$15



## Eat Colourful Trolley Bag

Durable, light-weight colourful trolley bag  
35 x 55 x 94cm

*Great for combining shopping with physical activity*

YOUR PROFIT  
\$12 per item

SELL FOR  
\$30

## Eat Colourful Shopping Bags

With this great traffic light design, shoppers will be gently reminded to buy different coloured fruits and veggies.



YOUR PROFIT  
\$4 per set

SELL FOR  
\$10

Durable calico  
30 x 38cm

SET OF 3 (1 each colour)



## What's Growing Book



High quality 26 page lift the flap book

*Includes activity ideas and a recipe*

YOUR PROFIT  
\$6 per item

SELL FOR  
\$15

## Eat Colourful Plates



Everyday Plate



Rainbow Plate

YOUR PROFIT  
\$6 each

SELL FOR  
\$15

Made of environmentally friendly bamboo

**Email or call us to start your fundraising today!**  
**[hello@foost.com.au](mailto:hello@foost.com.au) | 1300 611 941**

Foost was created by Kate Wengier, mother and dietitian. Our mission is to create happier mealtimes and get Australian kids eating more colourful fruits and veggies.

**foost**

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