



■ Brent Milburn and Megan Sargent, co-owners of ABE'S Real Bagels.

Photo: Peter Cox

ABE's Real Bagels delivers the goods

ABE'S Real Bagels' owners are calling on all food businesses to join them in sending breakfast food to schools next year.

Company co-owner, Megan Sargent, says in south Auckland many children go without breakfast, so it is a waste to throw out spare product from her Mt Wellington factory.

The company has been trucking frozen leftover bagels to the schools once a week for a few years for toasting, but now wants to turn this into a wider programme of nutrition education. "We're looking for an ongoing supply of shelf stable food, eg, jam and honey, but not just for bagels; also cereals, anything not needing chilling because schools can't store them. We can deliver to schools depending on the product, eg, we could receive jam at our factory and deliver them together."

She has also begun talks with the Diabetes Project Trust about joining with

them to start a "breakfast club" being planned for next year.

The idea is to invite children of all ages attending the five schools that share the Southern Cross Campus in Mangere to arrive early for exercise and a free breakfast – the latter provided by ABE'S and anyone else who can become involved. Details are to be finalised, but the programme could include teaching about nutrition and how to juggle or ride a unicycle for fun, Sargent says.

"We want other manufacturers to donate, and sports stars to talk to kids about health, nutrition and exercise. A volunteer coordinator would be good too," says Sargent.

"It's not just about promoting bagels, which are fairly expensive for this area and not where we sell a lot. But I prefer them going somewhere where they can make a difference than to pig farmers!"