

**Follow me
TO BE HEALTHY!**



Fruit and veg could become your go-to food: they are convenient to eat and available all year round! We'll help you make fruit and veg a daily essential - all whilst avoiding waste, because we care about the environment as much as you do!

#FRUITVEGFAN



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



BECOMING A FRUIT AND VEG FAN



Fruit and vegetables are one of the easiest and cheapest ways to consume the recommended daily intake of many nutrients needed to lead a healthy life.

Whether raw, whole, sliced, minced, cooked, roasted, in a soup, puréed or on a pie, fruit and veg are there for you – and won't let you get bored of them!

Day 1

Plan your meals on a weekly basis and include a piece fruit or veg in every meal. It will help you shop, save money and reduce waste!

Day 2

Buy fruit and veg at different states of ripeness, depending on when you intend to eat them.

Day 3

Practice batch cooking. Prep your fruit and veg-based meals on weekends and freeze them so that there's always something healthy on hand!

Day 4

Have a nice fruit basket on your kitchen counter for snacks or breakfast on-the-go.

Day 5

Be curious - go to the farmer's market, discuss with greengrocers and try a new fruit or veg every month!

Day 6

Don't waste anything. When fruit or veg is starting to look a bit less than fresh, make them into soups, crumbles, or compotes. These are great ways to "save" them from the bin!

Day 7

Invited to a dinner party? Bring a fruit & veg basket to your host instead of flowers!

Want more daily challenges? Have questions about what these vitamins do to your body? **Check our website**

