

Follow me TO BE HEALTHY!



#400GCHALLENGE

FRUIT & VEG ON A BUDGET

Eating healthily doesn't have to break the bank - in fact, a diet high in fruit and veg can be very affordable, whatever your budget.

Follow these tips to keep costs low whilst getting all the health benefits of fruit and veg.

GO SEASONAL

CHECK WHICH PRODUCTS ARE IN SEASON BEFORE SHOPPING. SHOP LOCAL WHEN YOU CAN, FRESH PRODUCE IS OFTEN CHEAPEST AT FARMERS' MARKETS.

SPECIAL OFFER!

SHOW 'UGLY' FRUIT & VEG SOME LOVE (& AVOID FOOD WASTE)

MISSHAPEN FRUIT & VEG CAN BE BOUGHT AT A DISCOUNT AND ARE JUST AS TASTY AS THE PRETTY ONES.



CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS CAMPAIGNS THAT PROMOTE A HEALTHY LIFESTYLE.

