

Downham Nutrition Partnership

# Celebration event



Come and see the  
"Smoothie Bike"!

**Date:** Wednesday  
30<sup>th</sup> January 2008

**Time:** 3-5 PM

**Venue:** Goldsmiths  
Community Centre  
(Castillon Road,  
SE6 1QD)

Also, a **free buffet** (prepared by our cookery group), a **free Calendar 2008** (giving healthy lunchbox ideas), **Prizes**, and plenty of **Information, advice and Activities** around getting fit and healthy in 2008!

## Fruitilicious

### Launch of "Fruitilicious"

Bringing your 5-a-day closer to home  
Downham Fruit & Veg scheme

For more information  
contact Laura on  
0208 697 6424 or

Laura.dnp@btconnect.com

Fruitilicious is a new scheme, allowing the local community to buy fresh bags of fruit & veg in Downham and at a reasonable price! Come and find out more about the scheme and buy a bag

