

Reasons to be Fruitilicious!

- Easy access to fresh fruit and vegetables
- Good quality produce
- Low cost
- Sold locally (no travel)
- Seasonal produce (when possible)
- Free re-useable cotton bag with regular mixed bag orders
- Therefore environmentally friendly too!
- Receive weekly recipes, tips and information

We need you!

We are looking for volunteers to help on the stall and with some of the "behind the scenes" work. In return you will receive free fruit and veg each week



Can you spot Fruity Frankie among all the fruit & veg?

Please give us any recipes you use, so we can share them with other **Fruitilicious** customers.

Also, we would like your feedback and comments!



Bringing your 5-A-Day closer to home
DOWNHAM FRUIT & VEG SCHEME
020 8461 4300



Some satisfied Fruitilicious customers!

Fruitilicious

Downham Nutrition Partnership
Downham Way Family Church
20 The Green
Downham Way
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myfruitilicious@gmail.com

Supported by:

- Sage Educational Trust
- Lewisham PCT
- London Borough of Lewisham



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Bringing your
5-A-Day
closer to home

Find it hard to buy fresh fruit and veg in Downham?

We sell fruit and veg every week during term-time in Forster Park School Playground, Thursdays 3:15-4:00PM

This new scheme makes it easier for you and your family to eat the recommended 5 portions of fruit and veg per day. We sell produce at amazingly low prices, locally within Downham, also making it convenient. Interested? Keep reading to find out how to take advantage of **Fruitilicious!**



*The contents of a typical
Large Fruitilicious bag*

Fruitilicious

What is Fruitilicious?

Eating "5 a day" can be difficult. Locally, it is hard to buy fresh fruit and veg' - the choice is to either travel further to the larger supermarkets or markets, or to purchase more expensive items in smaller shops on the estate.

Downham Nutrition Partnership and the Downham Elderly Health Project have set-up Fruitilicious in order to remove some of these problems. Mixed fruit and veg' bags as well as single items can be bought weekly at cost-price. The produce is good quality, well-priced and there's no traveling, so it's convenient!

How it works:

We order from our suppliers at Borough Market weekly, which they deliver on a Thursday, ensuring the produce is as fresh as possible.

We have a stall set up in the playground of Forster Park School at home time (3.15 pm) every Thursday during term-time. You don't even have to be a parent at the school to come - it is open to everyone! Come along and check-out the produce, buy your fruit and veg' at the stall. OR complete the order form on this leaflet and we will arrange for a bag to be ready for collection each week.

If you would like a **Large** or **Small** bag of mixed fruit and veg' ready for collection please complete the form within this pamphlet and send to the address opposite. We will also ensure you receive your free cotton satchel ready with your **£5.00** or **£12.00** worth of stock.

Then all you have to do is bring the bag along every week to be refilled - it really is that easy!

Stock varies each week - we also sell loose items too.

A typical LARGE bag contains:

12 X MEDIUM SPUDS
6 X MEDIUM CARROTS
3 X LARGE ONIONS
1 KILO SPINACH
3 X PEPPERS
(1 RED, 1 YELLOW,
1 GREEN)

6 X TOMATOS
8 X BANANAS
8 X SATSUMA'S
8 X APPLES
1 X MANGO

ALL this for £12.00

A typical SMALL bag contains:

4 X MEDIUM SPUDS
2 X MEDIUM CARROTS
1 X LARGE ONIONS
1/4 KILO SPINACH
1 X PEPPER

2 X TOMATOS
3 X BANANAS
3 X SATSUMA'S
2 X APPLES
1 X MANGO

ALL THIS FOR £5.00

These bags bought elsewhere would cost:

Somerfield £17.61
Sainsbury's £15.73
Co-op £16.53

These bags bought elsewhere would cost:

Somerfield £5.87
Sainsbury's £6.00
Co-op £5.93

Please complete if you would like a weekly **£5.00 / £12.00 mixed bag:**

(Circle choice above)

Name

Address

Phone

Email (if applicable)

By filling-in this form you are committing to buying your order each week. You must give us 1 week notice if you want to cancel your order



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