



Every Friday Starting..

15th January 2010

10am-11am

Signpost, Lotus Way

11.30am-1pm

Green Elms GP surgery

1pm-2pm

3 Jays Pub- Car park

2pm-3pm

Brooklands Resource Centre

3pm-4pm

Frobisher Primary School

What's it all about?

Fresh and Fruity is a new **mobile food shop** project which aims to encourage people to eat more fruit and vegetables by bringing affordable produce to the community

We accept Healthy Start Vouchers!

Ask on the van for great recipe ideas!

5 a Day is Coming Your Way!!!

Why miss out?

Contact 0800 731 3133 for more information

This is part of the Health Trainer Service from North East Essex Provider Services which aims to improve community health by promoting and helping people to live healthier lifestyles

