

8

WAYS OF PROMOTING GOOD, HEALTHY FOOD

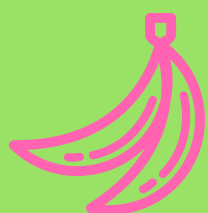
INCLUDE MORE FRUIT AND VEG

Bulk up dishes.....it's cheaper

Serve more soups and stews

Add 3+ veg in every meal

Have salads with everything!



MENU PLANNING



Cook from scratch Use less fat, salt and sugar
Be adventurous! Promote on social media



AND, BE SEASONAL!



BE CANNY BUYERS



Look for deals
Work with local businesses
Use tinned/frozen food too
Use FareShare



CUSTOMER BUY-IN

Create demand

GROW YOUR OWN

Or use allotment surpluses



PROMOTION

Obtain the healthy living award

PROVIDE QUALITY



BUT...



Wastage can be an issue
Lack of demand from customers
Staff and customers need education