

5 Fruit and Veg in season this Olympic Games



Spinach

A great source of nutrients including calcium and iron.

Try adding to salads, pasta sauces and sandwiches.

Strawberries

One of the nation's favourites!

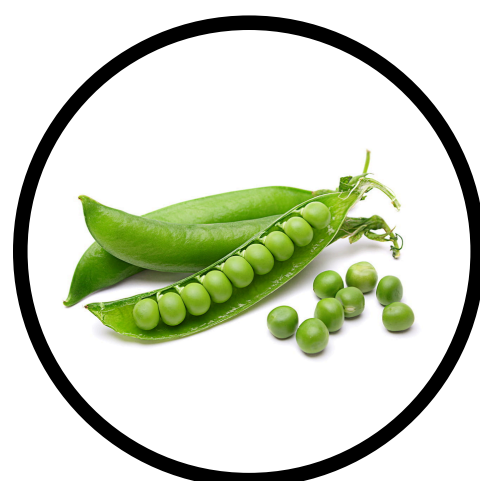
Try adding to greek yoghurt, smoothies, on top of porridge or cereal or as a snack by themselves.



Peas

Really versatile and a great source of nutrients.

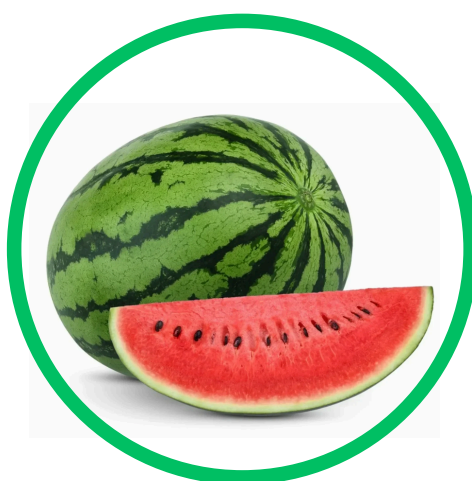
Only taking 2-3 minutes to cook, they're a quick addition to your main meal.



Watermelon

Super refreshing!

The high water content of watermelon can help keep you hydrated in the summer heat and keep you full.



Tomato

A 'superfood', tomatoes are a great source of vitamin A and vitamin C.

Easy to add to all meals, can be eaten raw in a sandwich or salad or incorporated into a cooked meal.



Seasonal products are better for the planet and for our bodies.

Fresher and tastes better

Lower carbon footprint

More nutritious due to less travel time

Can save money

