

**5 + a DAY**   
fresh fruit & vegetables  
[www.5aday.co.nz](http://www.5aday.co.nz)

**COLOUR YOUR WORLD**  
*with*  
**FRESH FRUIT**  
*~AND~*  
**VEGETABLES**

Add fresh fruit and vegetables to every part of your day. A serving is about a handful.  
Follow us on social media for fresh seasonal recipes and prize draws.

