



HEALTHY EATING

PRESENTED BY THE SCC

Eating seasonally has a number of benefits which include:

- **Peak nutrition:** seasonal produce is at its peak for flavour and nutritional value.
- **Budget-friendly:** buying what's in season is often more cost-effective.
- **Encourages variety:** seasonal eating introduces a wider range of foods to your diet.
- **Vitamins and minerals:** a wide array of seasonal produce provides essential vitamins and minerals.

*What's currently in season
(Spring: Sept-Nov)*

Apple
Mandarin
Strawberries
Asparagus
Cabbage
Asian greens (e.g. bok choy, choy sum)

Avocado
Pear
Oranges
Beans and peas
Carrot
Tomato

Banana
Pineapple
Watermelon
Broccoli
Leek
Zucchini

And these fruit and veg are great all year round:

Papaya, passion fruit, grapefruit, celery, lettuce, mushrooms, potato, pumpkin and snow peas.

