



Just 
One
More 
As a **Snack**



foodwise
leeds

 **#justonemore**

For more information on eating more vegetables
visit the Leeds recipe hub:

<https://foodwiseleeds.org/recipe-hub/>



Just  As a
One 
More  **Snack**



#justonemore

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vegetables visit : www.foodwiseleeds.org



Just 
One
More 

At School!



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Just 
One
More 


From your
Garden



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Just 
One
More 
In your **Basket**



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Just  In your
One  More  Meals

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Just One More at Work



Want to know more?!



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Just 
One
More  At
 **Nursery**



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Just 
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 **Nursery**



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Just 
One
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Just 
One
More 
In your **Basket**



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Just 
 **One**  More
to **Share** with **family**



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Just 
One  More
to **Share**  family
with



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Just 
One

More

At

High School!

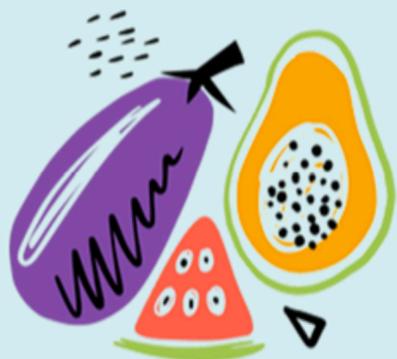
School!



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The Benefits of Eating Vegetables



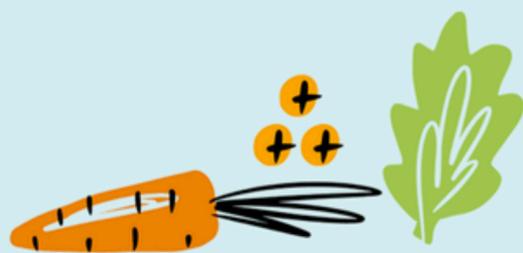
They are a great source of
vitamins and minerals

They provide lots of fibre

There are lots of varieties
to try



There are lots of seasonal
produce which helps reduce
cost



Vegetables contribute to a
healthy, balanced diet.



Just
One
More



*Did you know... Beans and Lentils
are incredibly versatile, packed
with nutrients, cheap and good
for the planet.*

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Just
One
More

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 **Leeds**
CITY COUNCIL