

BAN BAN BAN



~~THE SUPERMARKETS~~

For **1-month** this summer, we're **challenging** you to **ban yourself from buying** your fresh produce from those big-name, **commercialised supermarkets** ... it's time to **think about where your food comes from** and

LOOK LOCAL

Think ahead with your shopping and **go** to your **neighbourhood Farmer's Market**, the Farm Shop and privately owned grocery stores. Find a **Co-op** that **supports local producers** and use only **fresh seasonal** items in your meal-planning for **1-month!**

I'LL DO MY BIT ... **www.wfulondon.org.uk**
Linking Producer and Consumer