



Collect Friday 19th April
 Collect Friday 26th April
 Collect Friday 3rd May
 Collect Friday 10th May
 Collect Friday 17th May
 Collect Friday 24th May

Contact: Sarah Grech
 07973886474/01442 872928

Raising school funds the healthy way

Organic weekly fruit and vegetable scheme

For new customers - This is a not-for-profit scheme run especially for schools by Abel & Cole. Every Friday we have a delivery of bags that you can order for collection (from the Reception at pick-up time). Just return your order, place it in the GSA Box by Reception before the **last day of the term.**

There are 4 bags to choose from: Veg bags are £8.50 each (6 different veg with spuds each week); Fruit bags are £6.50 each (3 different fruit each week); Combi bags are £11.50 each (4 veg plus spuds and 3 fruit each week) or the **NEW** "Dig it" bags are £5.00 (3 veg potato, carrots & onions) Each bag comes with a fact and recipes sheet aimed at explaining to children how, where and by who the item(s) were grown and how they might be used.

All produce is organic, seasonal and as local as possible. It is cheaper than the supermarkets and uses considerably fewer food miles (and no air miles, even for tropical fruit like bananas and kiwis). It has minimal packaging, supports regional farmers and is delivered by vans running on bio diesel.

Bag contents for the following week appear on www.abelandcole.co.uk/thefarmerschoice (usually from Wed before) and from there you can also pick up lots of recipe ideas. Finally, although we've had only a few problems in the years we've run the scheme, if you order and are unhappy with the quality of any item or if anything is missing, you can feed that back and Abel & Cole will be happy to replace it the following week.

Farmer's Choice Order Form - Greenway School Association (GSA) April 19th- 24th May 2013

Name:	Child's name/class:
Tel. No & e-mail:	

Please tick which bag(s) for which week(s).

	Dig It Bag £5.00	Veg Bag (£8.50)	Fruit Bag (£6.50)	Combi Bag (£11.50)
Fri 19 th April				
Fri 26 th April				
Fri 3 rd May				
Fri 10 th May				
Fri 17 th May				
Fri 24 th May				

Payment by Cash or Cheque (payable to GSA) is required with this order form, returned to the GSA posting box (in Reception, or via class).

Most people order for the whole term at the start but you can order whichever bag(s) you want for as many (or as few) weeks as you like. You can also post-date cheques for future deliveries if you prefer.