

# Mansfield Fresh Food Drive

Fruit and vegetables are essential for supporting healthy growth and development as they provide us with many different vitamins & minerals.

Ideally we should be aiming for at least 5 serves of vegetables, and 2 serves of fruit each day (from 4+ yrs).



The Mansfield Fresh Food Drive provides local families (with primary school aged children) free, locally grown produce to assist in meeting the recommended number of daily serves. See details below.

## COLLECTION DETAILS:

**DAYS:** 1st & 3rd Tuesday of each month.

**TIME:** between 09:30-11:30am (or until stocks last).

**LOCATION:** St John's Church Hall, located at 43 Highett Street, Mansfield.

**BYO bags.**

For more info contact Lucy on 5775 8800 or [lucy.marks@mdh.org.au](mailto:lucy.marks@mdh.org.au)