**Tip of the week “Get juicing”**

Do you have left over fruit and veg? Don’t bin them……juice them!

If you struggle to get your “5-a-day” or just aren’t keen on eating lots of fruit and vegetables, juicing is a great way to ensure you’re not missing out on the all-important vitamins, minerals, fibre and antioxidants that these beauties provide. Scour the internet for a decent juicer – they range in price but you don’t need anything too expensive. Try to buy organic fruit and veggies wherever possible and always ensure you give them a good scrub beforehand.

Juices are also an excellent way to get your kids onto healthy eating without them realising! Experiment with all varieties and colours of fruits and veggies and to keep costs down you can choose what’s in season.