

Herbie to stop at Parkfield Dance Centre

The new Service will begin in July.

Herbie is a mobile greengrocer which operates in North and East Manchester, in areas where there is little fresh produce sold in shops. Thanks to the efforts of Shirley from Zest and the Moston Health Forum, come July, Herbie will be selling affordable fresh fruit and vegetables to New Moston residents.



Herbie already sells a good selection of fresh and affordable fruit and vegetables in a number of locations, and is looking forward to serving New Moston folk outside the Parkfield Dance Centre, as well as NEPHRA's Luncheon Club members every Tuesday lunchtime starting July 08.



This new location will enable residents to buy fruit and vegetables in portions which suit individual needs. Herbie has been delivering fruit to the Dance Centre for a number of months, and this fruit has been enjoyed by the people who attend Zest classes at the centre.

Herbie is run by the sustainable development charity MERCi, and is a key contributor to Manchester's Food Futures Strategy. The strategy has improving access to healthy, affordable food as a key priority. For more information about the Herbie project and up to date information about stops, please email herbie@merci.org.uk or contact MERCi on 0161 273 1736 and ask to speak to someone in the Herbie team.

5 Great Reasons to Eat 5 Portions of Fruit & Vegetables a Day

1. They're packed with vitamins and minerals.
2. They can help you to maintain a healthy weight.
3. They're an excellent source of fibre and antioxidants.
4. They help reduce the risk of heart disease, stroke and some cancers.
5. They taste delicious and there's so much variety to choose from

DON'T MISS OUT - VISIT HERBIE OUTSIDE THE PARKFIELD DANCE CENTRE EVERY TUESDAY LUNCH TIME STARTING JULY 08