

IMPROVING HEALTH AND WELL-BEING

Aim: is to improve health and well being and contribute to regeneration in disadvantaged and excluded geographical and interest communities by promoting the consumption of fruit, veg, pulses and other healthy products and encouraging and supporting volunteering which brings a range of personal, family and community benefits.

Community Food Outlets: Around 35 Community Food Outlets operate in priority geographical or interest communities and provide fresh fruit, vegetables and dried goods at as affordable as possible prices to the local community.

Fast Fruit: provides fruit and veg in a few cases, to circa 70 nurseries, schools and other youth and community organisations.

Social Enterprise: CFINE trades on a commercial, but competitive basis supplying fruit to a number of companies (20 presently). We have launched a **fruit/ veg/ salad box scheme**, a further development of our Social Enterprise, where we deliver orders to workplaces. All profit is invested in the health and community development work we do in disadvantaged and excluded communities.

FareShare: CFINE is developing a FareShare scheme in Aberdeen whereby supermarkets' and food producers' surplus foodstuffs are collected and distributed to people experiencing food poverty, for example, facilities for people who are homeless, women who have experienced domestic abuse and in the regeneration areas. See invitation to the launch of FareShare Aberdeen to which I hope you / your representative can attend.

Interested: Are you interested in any aspect of our work – being a volunteer? Setting up an outlet? Joining the Fast Fruit scheme? Or setting up customers for the box scheme? Then contact **CFINE** on **01224 596156** or e-mail info@cfine.org

CFINE Staff Team:

Administration – Steven;

Store Manager: Dod, Storepersons: Michael and Jose Mari;

Development Workers – Ian, Jackie, Fiona and Mike;

Strategic Coordinator: Dave

Plus over 40 volunteers without whom it all wouldn't work! THANKS TO THEM ALL!!



Fruit's cool