

IMPROVING HEALTH AND WELL-BEING

"Increasing consumption of fruit and vegetables can significantly reduce the risk of many chronic diseases. It has been estimated that eating at least 5 portions of a variety of fruit and vegetables a day could reduce the risk of deaths from chronic diseases such as heart disease, stroke, and cancer by up to 20%".

BIG Grant!

CFINE is delighted to have secured investment from BIG's (Lottery Fund) Growing Community Assets programme. The £517,000 award is for:

- £290,000 as a contribution to purchasing premises with a partner organisation
- c £35,000 per year for 3 years to develop our FareShare scheme
- c £35,000 per year for 3 years to grow our commercial trading; to grow as a Social Enterprise. **All surplus is invested in our charitable work.**

The BIG investment is a key component of our sustainability and development strategy so, good news indeed!

Regeneration Outcome Agreements

CFINE has secured investment from all but one of the Community Regeneration areas. We have set challenging, but achievable, sales targets in these priority communities.

Thank you to all in the regeneration communities for your support.

CFINE is supported by Aberdeen City Council, Big Lottery Fund, Food in Focus (Aberdeen), Healthy Living Network, NHS (Grampian) Community Regeneration Fund, FareShare UK. **YOU could support CFINE by being a customer or volunteer or by promoting our services and support to organisations you know.** CFINE presently:

- supports around 40 Community Food Outlets
- sells to over 80 nurseries, schools, community organisations, social enterprises through Fast Fruit;
- sells to over 25 oil companies and one restaurant; and

For information, contact Fiona or Dave - 01224 596156; e-mail info@cfine.org.

Hope we can do business with you!

HAVE A GREAT 2008

Fruit's cool