



a day the Manchester way

A short leaflet detailing the importance of the 5 a Day message, explaining portion size and offering tips on how to get 5 a Day the easy way.

Visit the
Manchester Public Health Development website at:
www.manchesterpublichealthdevelopment.org
to download the leaflet in the following languages.

ARABIC **URDU** **BANGLA**
PUNJABI **SOMALI** **BRAVA** **CANTONESE**
MANDARIN **VIETNAMESE** **NEW FARSI**



Manchester 
North, Central and South
Primary Care Trusts
Manchester Public Health Development Service


New Opportunities Fund
LOTTERY FUNDED



Just Eat More
(fruit & veg)