3 reasons to smile about free fruit

1. In a study of 8399 people, apple eaters needed fewer prescription medicines.¹

2. Fruit can help reduce the risk of Heart disease Certain cancers Stroke.²

3. Fruit is a great source of vitamins and minerals. Vitamin C Potassium Folate

Wordbird is proud to be sponsoring free fruit for Ipswich and East Suffolk CCG

References