

Did you know?

Reducing the frequency of cakes, biscuits, sweets, or crisps, or increasing the availability of lower sugar and lower fat foods can support teams who would like to eat less treat foods while at work.

Making small changes can make a big difference to the way you feel.

See what happens when you do at goodfoodingreenwich.org/sugar-smart



Tomato Salsa



Ingredients

4-6 medium tomatoes, finely chopped

1/2 red onion, very finely chopped

1 garlic clove, chopped

Teaspoon of white wine vinegar

1/2 lime - juice only

1/2 bunch of coriander, finely chopped

Method

1. Very simply, combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander in a bowl.
2. Stir then refrigerate until ready to be served.