

# Love British Food

## Celebrate British Food



### 14 Day Healthy Living Action Calendar

17<sup>th</sup> September - 2<sup>nd</sup> October 2022

#### Day 1

Cook local free range eggs for breakfast.

#### Day 2

Tell a local school about LBF Fortnight.

#### Day 3

Purchase meat from a local butcher.

#### Day 4

Book a food festival happening during LBF Fortnight.

#### Day 5

Buy a British cheese from a local farm shop or market.

#### Day 6

Walk or run at your local parkrun and tell people about LBF.

#### Day 7

Visit a local farm and buy some of their produce.

#### Day 8

Post a photo of what you've been up to on social media using #LoveBritishFood

#### Day 9

Buy some British caught fish from a local fishmonger.

#### Day 10

Plant overwintering onion sets in your garden or local community garden..

#### Day 11

Join your local Ramblers for a wellbeing walk.

#### Day 12

Have a Love British Food dinner party with friends and family.

#### Day 13

Volunteer for your local parkrun and tell people about LBF.

#### Day 14

Find and visit a Local pick your own flowers farm.

**KEEP ON  
LOVING BRITISH  
FOOD!**

To celebrate Love British Food Fortnight 2022 we've worked with registered charity, Public Health Collaboration (1171887) to create a 14 Day Healthy Living Action Calendar to help you focus on one healthy action per day. Simply tick off each day as you go.

Find out more at [www.LoveBritishFood.co.uk](http://www.LoveBritishFood.co.uk) and [www.PHCuk.org/LBF](http://www.PHCuk.org/LBF)

