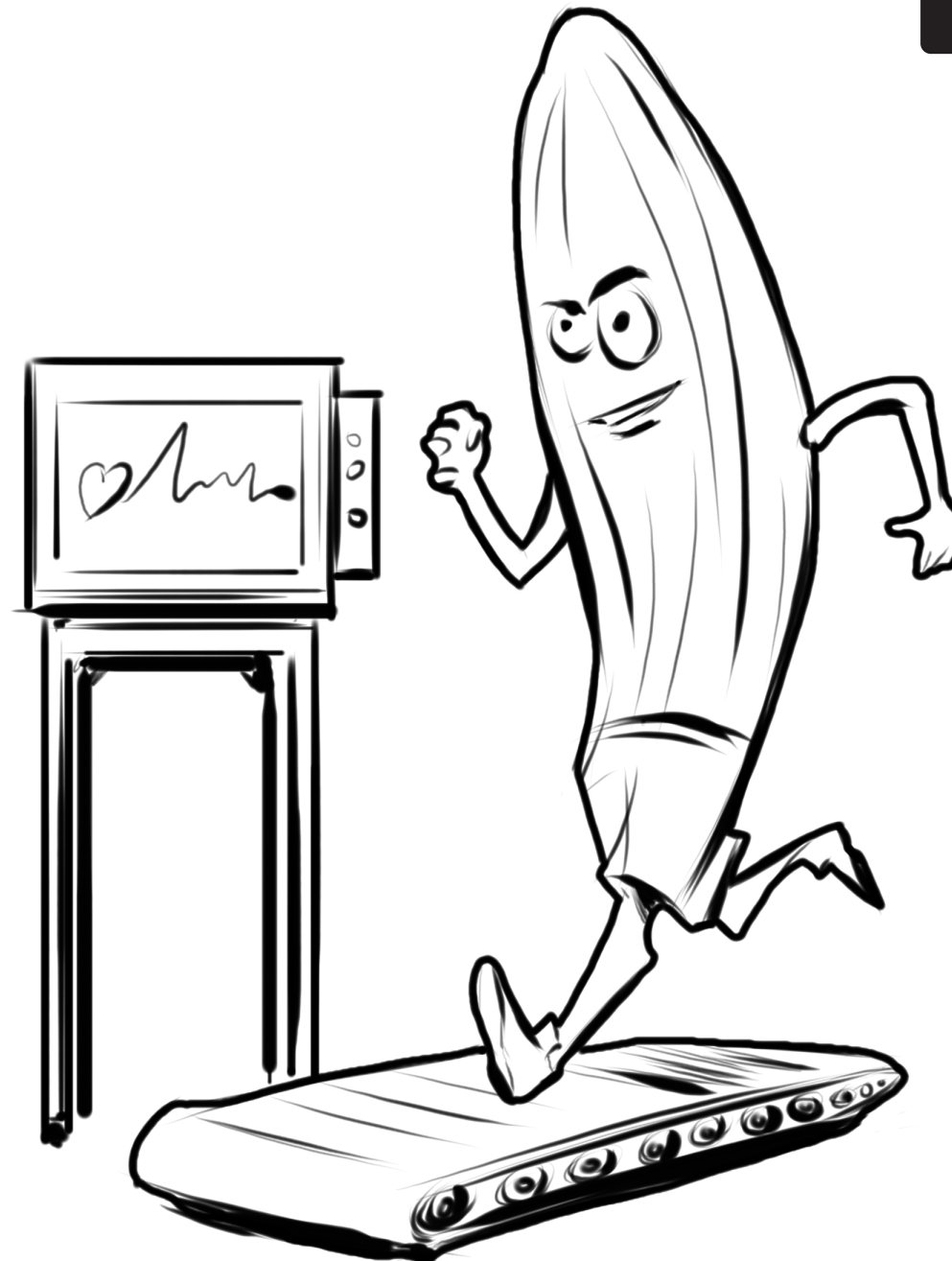


FOOD OF THE MONTH: COLOUR ME!



CUCUMBER

Cucumbers are a good source of potassium, a heart-friendly electrolyte that helps to reduce blood pressure and heart rates by countering the effects of sodium.



Cucumber is our Food of the Month for April. Every month, we highlight a seasonal vegetable as a feature in our Drop-in meals and healthy Food Bank hampers. Every day at The Stop, we strive to increase access to healthy food in a manner that maintains dignity, builds health and community, and challenges inequality.

Share on social media
and tag us @thestopcfc
and #TheStopMarketHaul
thestop.org

Illustrated by Gergely Kapus