

**EAT THEM
TO DEFEAT THEM**



Norse

Fresh Ideas Feeding Minds



Fun Food Facts – Carrots

One carrot can give you enough energy to walk one mile!

Carrots are a good source of fibre and contain lots of vitamin A!

As well as orange, carrots can be purple, white and yellow in colour!

Norse Catering gets through an average of 36 tonnes of carrots every year!

IT'S CRUNCH TIME

