

Get into summer salads with Tesco : look out for recipe cards on the new prepared salads and in the Finest packs of cherry tomatoes on the vine, avocados and sweet pointed peppers / Tesco.

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TESCO

new!

Get into Summer Salads with Tesco



Look out for recipe cards on the NEW prepared salads and in the *Finest*^{*} packs of Cherry Tomatoes On The Vine, Avocados and Sweet Pointed Peppers

08/03



Get into Summer Salads

Now's a perfect time to get into summer salads.

Tesco's wide range of prepared salads are easy and convenient to use. They enable you to create tasty and healthy dishes in minutes. Giving you more time to enjoy the sun!

Now there are even more varieties to try, from the mouth-watering Mediterranean Style Complete Salad to the colourful Finest Mozzarella & Sunkissed Tomato Salad and the Sweet Salad with Sugarsnaps.

Delicious ingredients from Finest Sweet Pointed Peppers to Finest Cherry Tomatoes On The Vine also add a touch of individuality to your salad or make a meal on their own.

So whether you're preparing a light lunch or planning a summer garden party, Tesco salads make it easy and simple.

Look out for recipe cards on selected packs.

Don't forget to eat 5 portions of fruit and veg a day

- Cancer Research UK and Tesco have joined forces to help protect you and your family's long-term health with comprehensive advice on reducing your risk of cancer.
- Poor diet and smoking are two major avoidable causes of cancer.
- Changes to your diet could help reduce your risk of cancer.
- Vegetables and fruit are particularly good foods to eat to help prevent cancer, as well as protecting against other diseases such as heart disease.
- You should aim to eat at least 5 portions of different fruit and veg every day as part of a healthy lifestyle.

CANCER RESEARCH UK



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