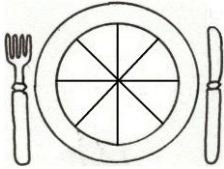
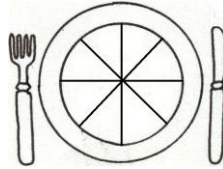
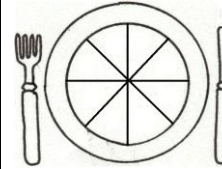
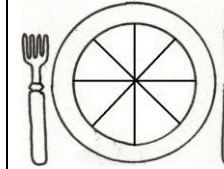
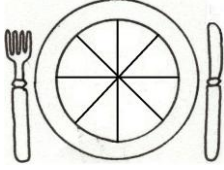
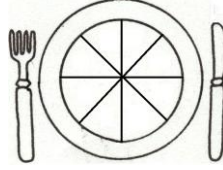
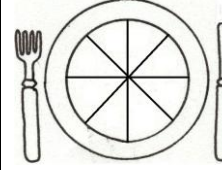
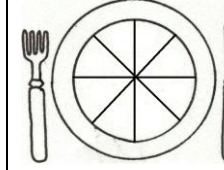
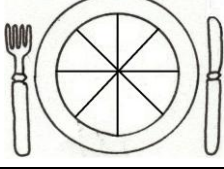
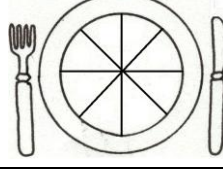
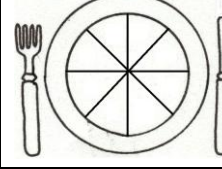
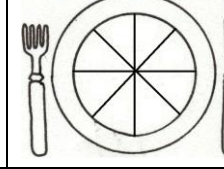
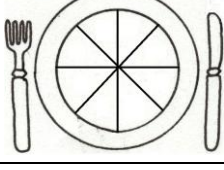
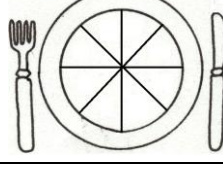
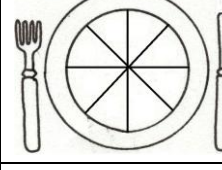

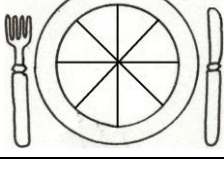
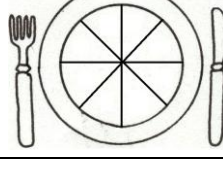
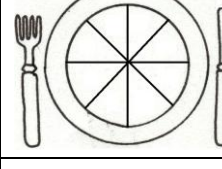
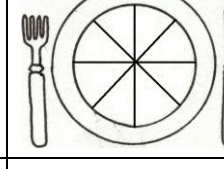
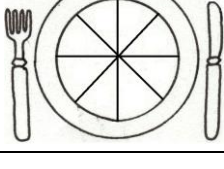
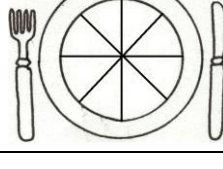


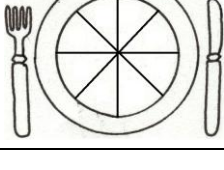


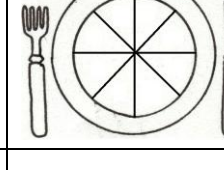

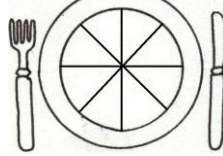
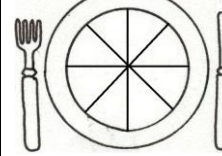
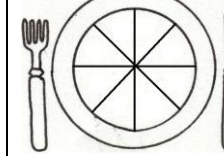
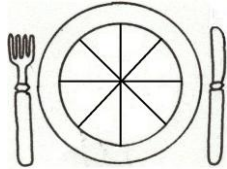
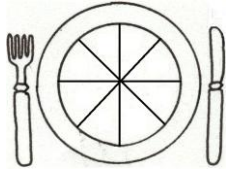
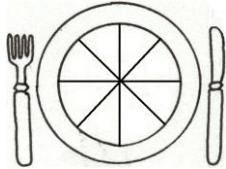
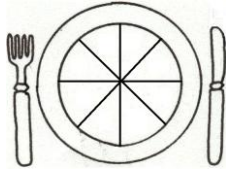
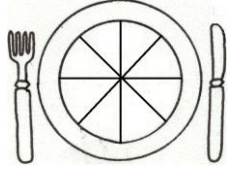
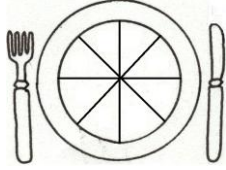
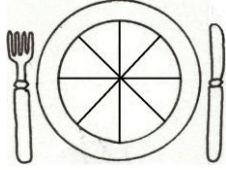
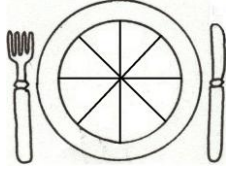
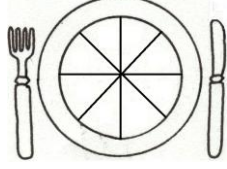
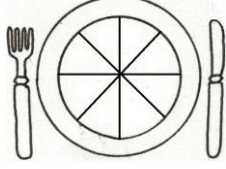
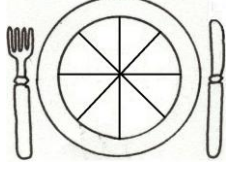
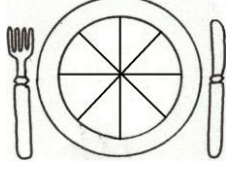
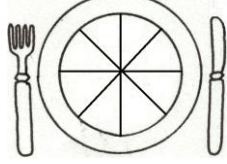
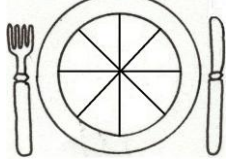
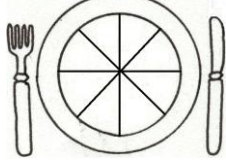
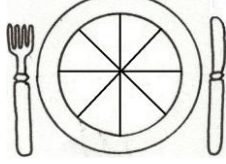


	Local	Organic	Seasonal	Vegetable
<b>Day 1 Breakfast</b>				
<b>Day 1 Lunch</b>				
<b>Day 1 Dinner</b>				
<b>Day 1 Snacks and drinks</b>				
<b>Day 2 Breakfast</b>				
<b>Day 2 Lunch</b>				
<b>Day 2 Dinner</b>				
<b>Day 2 Snacks and drinks</b>				

	Local	Organic	Seasonal	Vegetable
<b>Day 3 Breakfast</b>				
<b>Day 3 Lunch</b>				
<b>Day 3 Dinner</b>				
<b>Day 3 Snacks and drinks</b>				

Please let us know what you've found difficult to source this week and in which category. For example could you find porridge oats that are organic and produced in the UK or Scotland, but not from a Highland source? This will help us work out how the local area can better meet our food needs.

Did you attend any TBI food events or a community market this month? If so, which was it? Do you have any comments to add about it?