

HARROGATE WATER

DID YOU KNOW...

- As from April 2018 all Harrogate water bottles shall contain 50% recycled plastic
- All materials used by Harrogate water are 100% recyclable
- Britain's largest family-owned independent supplier of naturally-sourced bottled water, is a national partner of environmental charity Keep Britain Tidy



DON'T FORGET TO STAY HYDRATED!

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FESTIVE *Period*

*Special
menu*



 **DESTINATION
DAYS**

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DECEMBER FOOD HERO

Brussel Sprouts

- ✓ Britons eat more Brussels sprouts than anyone else in Europe.
- ✓ An 80g serving of sprouts contains four times more vitamin C than an orange
- ✓ The area covered by Brussels sprout fields in the UK is the equivalent of 3,240 football pitches
- ✓ The heaviest ever sprout was grown in 1992 and weighed 8.3kg
- ✓ Asda will sell around 140 million sprouts in the two weeks before Christmas



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Sugar
Swap
HALF AS NAUGHTY, DOUBLE AS TASTY



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December

Don't Waste Your Christmas

- ✓ More than 1 billion Christmas cards are sent then thrown away
- ✓ 8,000 tonnes of wrapping paper is wasted (50,000 trees worth)
- ✓ Last year the equivalent of 4 million Christmas dinners were wasted across the UK
- ✓ 2 million turkeys and 74 million mince pies are thrown away
- ✓ 6 million Christmas trees are disposed of after the festive period

Think: Reduce, Reuse, Recycle

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FESTIVE *Period*



*Special
menu*



**DISCOVERY
DAYS**

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DID YOU KNOW? TODAY IS...

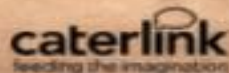
NATIONAL HOT CHOCOLATE

Day

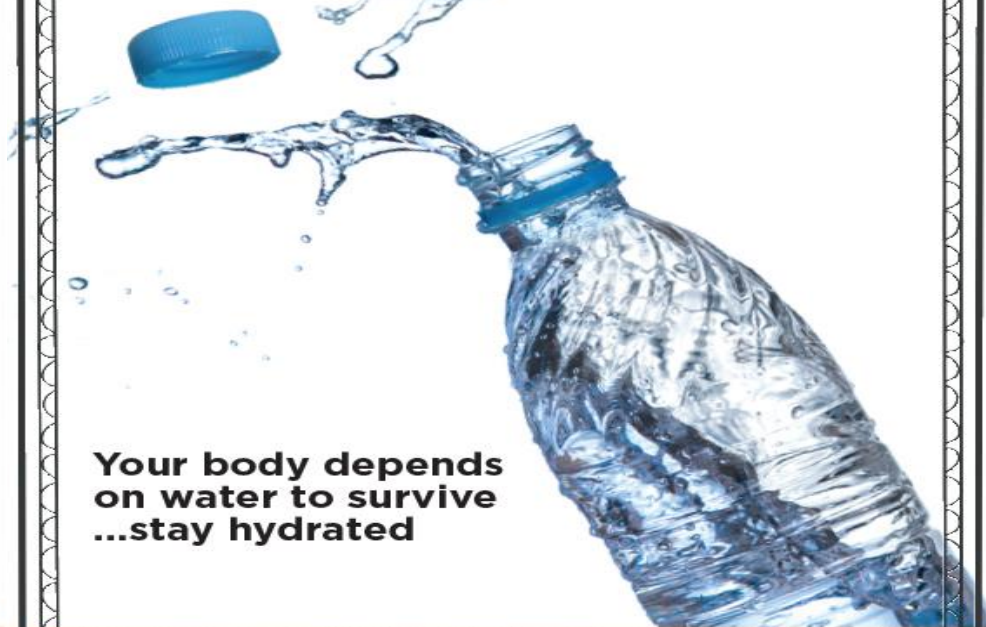
13th



 DID YOU KNOW?
DAYS

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WATER



Your body depends
on water to survive
...stay hydrated

 FOOD
FACTS

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