



PRESS RELEASE 13.10.16 GIRLGUIDING

GIRLGUIDING DOES THE FARM TO FORK TRAIL AT TESCO

Dale Street Brownies were some of the latest Girlguiding members to enjoy the Farm to Fork Trail at their local Tesco. Thanks to Sarah Wrist, the Trail Guide at Tesco Warwick, the girls saw behind the scenes at the bakery counter, learned some fascinating facts about fruit and enjoyed a healthy snack from the vegetable aisles. "It was really good fun" said Kavi who learned that green peppers turn yellow, then orange and red by which time they have twice as much Vitamin C.

Lots of Rainbows, Brownies and Guides have accepted the invitation from Tesco to explore healthy eating and responsibly sourced food. "These visits put on by Tesco are an ideal part of the varied and exciting programme that Girlguiding works hard to provide" explained Nicola, one of a the Brownie Leaders. "I think the Leaders enjoyed it as much as the girls. We would love more adults to volunteer through the Girlguiding UK website and have the satisfaction of seeing the girls develop through fun and exciting challenges. By having big teams of leaders individual volunteers are able to have nights off when necessary for work, study or other commitments. I am glad I did not miss the Farm to Fork Trail though. Sarah was brilliant, so thanks to her and Tesco for a great night."

Picture caption:

Dale St Bs Tesco group 1610

Dale Street Brownies on the Farm to Fork Trail at Tesco Warwick

Background information

Girlguiding is the leading charity for girls and young women in the UK, with 559,996 members. Thanks to the dedication and support of 100,000 amazing volunteers, we are active in every part of the UK, giving girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun. We run Rainbows (5–7 years), Brownies (7–10 years), Guides (10–14 years) and The Senior Section (14–25 years). Registered Charity No 306016. www.girlguiding.org.uk

