

Beyond Baked Beans

Cheap healthy food for students,
singles and anyone else on a budget



Does your uni have a Food Co-op scheme? publication date: Feb 27, 2009

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We got a useful tip-off on the [Facebook page](#) from Gemma Summons, a student at Cardiff, about a cheap fruit and veggie scheme they're running there as part of the [Community Food Co-operative Programme](#) funded by the Welsh Assembly

The programme enables people to access fresh fruit and vegetables on a weekly basis at wholesale prices - £2.50 for a bag of vegetables or fruit.

According to Gemma if you're a student at Cardiff (and presumably other Welsh unis?) there's a Food Co-Op in the union on Tuesdays. "You can go in and order a bag of either fruit, veg or salad for the next week for £2.50 and pick it up the week after. In my salad bag I got a punnet of cress, a bag of radishes, 6 salad tomatoes, 2 baby gem lettuces, a green pepper, a whole cucumber, 4 prepared beetroot and a red onion - amazing when you consider that Tesco sells all that for £5.45 according to their website!"

"I only found out about it because it was our 'You're Fit' week at the union where people try to get us to eat fruit and veg and do more exercise. It's great for trying new things: I never buy cress or radishes and hardly ever beetroot so it adds a bit of variety.

"My recent £2.50 fruit bag included a bunch of grapes, 3 pears, 3 nectarines, 3 satsumas, 3 large oranges, 3 small apples and 2 kiwis which according to my rough calculations would cost £6.59 in Tesco (but there are probably variations in size)"

Another useful website to check out is [Health Challenge Cardiff](#)

If your uni does something similar do post on our Facebook page or email me at

fionaATbeyondbakedbeansDOTcom. (Sorry we can't put up a comment box - it gets inundated with spam!)

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