

The GREAT GRUB CLUB

What is it?

The Great Grub Club is a **FREE MAGAZINE CLUB** that teaches children aged 4 to 7 about healthy eating and physical activity in a fun way.



Give your kids a healthy start in life

Experts believe that the healthy habits we learn as children often stay with us as adults.

With the help of Professor Foodsmart, Snack the dog and the Grub Gang kids, the Great Grub Club shows children that 'being healthy is fun!'.

Why do we offer the Great Grub Club?

The Great Grub Club is produced by World Cancer Research Fund (WCRF UK), a charity dedicated to cancer prevention.

Scientific research shows that about a third of the most common cancers could be prevented if we eat healthily, maintain a healthy weight and lead an active lifestyle.

With this in mind, the Great Grub Club encourages children to develop healthy habits which could help reduce the risk of developing cancer later in life.

Please note the Great Grub Club magazine does not make any direct reference to cancer.



Join the Great Grub Club today and your child will receive:

- ✓ Great Grub Club **membership card**
- ✓ **FOUR Great Grub Club magazines** a year, with Parents' Notes
- ✓ **Passport to Good Health booklet**
- ✓ Great Grub Club **badge**
- ✓ Great Grub Club **poster**
- ✓ **Sticker card and first collectible sticker**



How to join

If you have a child aged 4-7, fill in their details below. Send this form to us at our **FREEPOST** address. No stamp or envelope needed.



Child's first name: _____

Child's family name: _____

Age: _____ Date of birth: _____

Sibling's name: _____

Age: _____ Date of birth: _____

Address: _____

Postcode: _____

Date: _____

Parent or Carer's signature: _____

Would you like to receive our monthly Great Grub Club e-newsletter for parents?
 No Yes Email address: _____

PLEASE NOTE: We will NOT pass you details on to any other organisation. When your child turns eight years old we will automatically send out a Great Grub Club Graduation pack to congratulate them on completing their time in the club.

◀ Tear here ▶

◀ Tear here ▶

▶ Moisten ▶



Freepost Plus RSHB-GUYK-ZBYB
Great Grub Club
World Cancer Research Fund (WCRF UK)
22 Bedford Square
LONDON
WC1B 3HH



Fun for kids

Draw your favourite 5 A DAY

We should try to eat at least five portions of fruits and vegetables every day. What are your favourites? Draw them here and we'll try to print your picture in the Great Grub Club magazine. Look out for it!

Can you label your favourite 5 A DAY?

For office use only

- | | | | | |
|--------------------------------|--------------------------------|-------------------------------|--------------------------------|------------------------------------|
| <input type="checkbox"/> HDOC | <input type="checkbox"/> HDEN | <input type="checkbox"/> HCC | <input type="checkbox"/> HORG | <input type="checkbox"/> GGwebsite |
| <input type="checkbox"/> HSCH | <input type="checkbox"/> HLIB | <input type="checkbox"/> HLC | <input type="checkbox"/> HOTH | |
| <input type="checkbox"/> THDOC | <input type="checkbox"/> THDEN | <input type="checkbox"/> THCC | <input type="checkbox"/> THORG | |
| <input type="checkbox"/> THSCH | <input type="checkbox"/> THLIB | <input type="checkbox"/> THLC | <input type="checkbox"/> THOTH | |

Food Fun

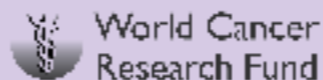


Count up the fruits and vegetables in the wheelbarrow by doing the sums below:

- 1 carrots + leeks =
- 2 pumpkins + apples =
- 3 courgettes + pears =
- 4 parsnips + corn cobs =



Altogether there are



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Tel: 020 7343 4200 Email: foodsmart@wcrf.org
www.wcrf-uk.org and www.greatgrubclub.com

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This organisation has been certified as a producer of reliable health and social care information.
www.theinformationstandard.org



FREE
MAGAZINE
CLUB

for children aged 4-7
living in Hackney
and Tower Hamlets



To join the club
simply fill in the
form inside

Being healthy is fun!
www.greatgrubclub.com

