

# Anstruther Fish Bar & Restaurant



## Seafood Fortnight 5th - 21st September 2008



The **theme** for this year's **Seafood Fortnight** is: **'2 a week'**

Did you know that ....?

- **seafood is one of the healthiest, most convenient and delicious foods available**
- **we should all be eating more than 2 portions of seafood each week to help keep our hearts healthy**
- **seafood is full of protein, vitamins and omega3 fatty acids**
- **eating more fish boosts your brain power!**

Enter our fun competition by drawing or painting a poster in the box below using the '2 a week' theme to encourage people to eat more seafood as part of a healthy, balanced diet.

Name: .....  
Primary School: .....  
Age: .....

Please hand your completed poster into Anstruther Fish Bar during Seafood Fortnight  
Winning entries will be picked on Monday 22nd September 2008 and all entries  
displayed in the Fish Bar.  
LOTS OF GREAT PRIZES TO BE WON .....Good Luck!

