



The «5 a Day» Minibus

An offer from Swiss Cancer League



The «5 a Day» Minibus

Healthy Eating Made Easy: The «5 a Day» minibus serves up fresh smoothies for delightful tasting, directly onsite. Useful tips and practical tricks show how easy and enjoyable a balanced diet with plenty of fruits and vegetables can be.

Besides helping you to keep up a healthy resolution, the «5 a Day» minibus offers real added value: Useful tips from a well-trained staff, practical assistance for everyday life, such as a seasonal calendar or the handy recipe cards and much, much more. Fruity sweet smoothies can be tasted directly onsite – because one of the recommended five daily vegetable and fruit servings can be fulfilled by a delicious smoothie or fruit juice (2 dl).

Five Portions, Every Day

Vegetables and fruits are low in calories and fat, and they provide the body with essential vitamins, minerals, dietary fibre and phytochemicals. They also help you maintain normal body weight. A balanced diet with plenty of vegetables and fruit, with a smaller intake of animal based food products, can reduce the risk of various cancers.

For all of these excellent reasons, the «5 a Day» programme recommends eating 5 servings of vegetables and fruit every day. Read more about «5 a Day» at: www.5amtag.ch/en/5-a-day/



On the Go with the «5 a Day» Minibus

The minibus is mobile and can be presented both outdoors and indoors, inside large halls. Through its flexibility and thanks to its built-in kitchen, the «5 a Day» minibus can approach target groups even closer, as well as present the benefits and pleasures of a diet rich in vegetables and fruits on the spot and in direct contact with your visitors.

The All Inclusive «5 a Day» Minibus Offer

Visitors can be offered freshly made smoothies, as well as be given information leaflets on a healthy and balanced diet. Show how quick and easy it is to prepare fresh, delicious smoothies and taste how homemade smoothies really are the best. It's a great way to prepare seasonal fruits and vegetables from the region.



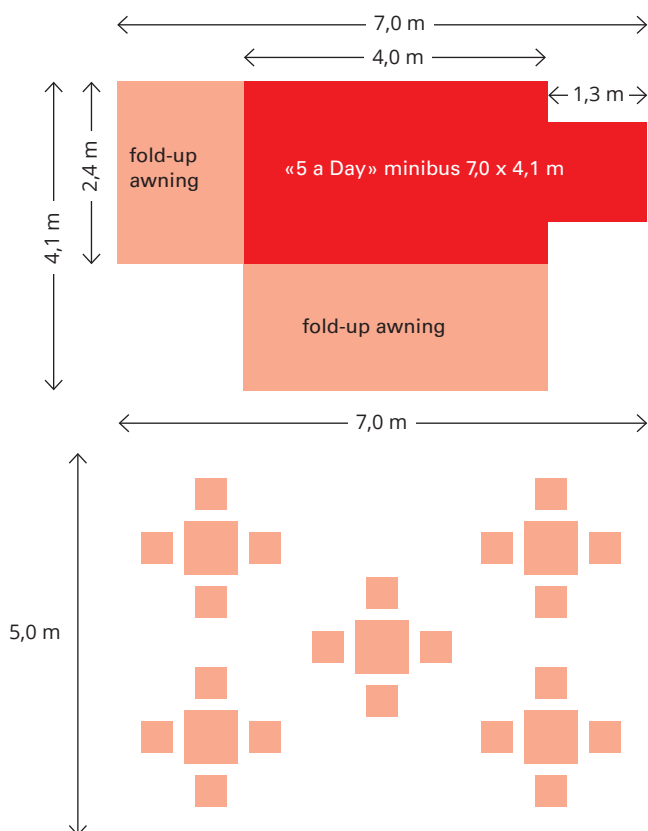
The «5 a Day» Minibus

The «5 A Day» Minibus Dimensions

The minibus has a total surface area of 50–80m²

- Length: 7,0 m
- Width: 4,1 m
- Height: 2,8 m
- Weight: 3,5 tons

«5 a Day» provides the complete inventory required for your event including the staff who supervises the workings of the minibus and organizes transport and food. Detailed instructions are given prior to each event/show to any additional onsite staff from the organization that hires the minibus.



Optional: up to 5 folding tables each with 4 folding chairs
folding table: 72 x 72 cm
folding chair: 42 x 42 cm
Surface area required for 5 tables: ca. 35 qm

Appearance Possibilities

- The prevention bus is suitable for **public places** (from April to October). Here, the conditions at each particular site (see below) must be clarified in advance.
- Corporate or company events
- Schools
- Health fairs
- Public exhibitions

Onsite Conditions

- **Minimum Height 3.00 m, Minimum Width 5.00 m and Minimum Length 8.5 m.**
- The exhibition area's surface must be **even and hard**.
- Ideally, a fresh water supply and a waste water drain (within a max. of 12 meters) should be in the immediate vicinity (within a max. 50 meters) of the site.
- If possible: An electrical supply line **230 V – 10 A or a T12 Electrical Outlet**
- For exhibitions in a courtyard or in the vicinity of a building, the following must be observed: **Emergency exits may not be obstructed by the minibus.**

Price

Available upon request.

Additional Offers

Further Communication Support

- Text blocks for intranet and internet
- Text blocks for media
- Prevention bus images
- Posters (A4 and A3 formats)
- Flyer (A5 format)
- E-Mail signature

Interested? Then contact:

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