



Eat seasonally for the greatest variety & value

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe in eating seasonally for an optimal range of nutrient-dense foods



Follow the colours of the seasons ...

Nature cleverly provides us with different foods for every season, each with a unique blend of colours, vitamins, minerals and other active compounds to support health and well-being.



What are the benefits of eating seasonal produce?



Download our Eat a Rainbow infographic for some colourful inspiration

There are many benefits to choosing seasonal produce. Nutritionally-speaking it is fresher, naturally ripened and richer in nutrients as compared to imported, unripened produce. Often, seasonal produce is more locally grown and sourced giving it a lower carbon footprint which is good for the planet. Last and by no means least, seasonal fruits and vegetables are more abundant in the moment they are harvested, which makes them noticeably cheaper.

Spring, Summer, Autumn & winter