

SIT DOWN FOR BREAKFAST

STAND UP FOR FARMERS

Breakfast with Ms Aniamma Roy

Cashew nut farmer

Cooperative vice chair

Liberation Foods shareholder

'We eat something called tapioca, a fruit grown underground, as well as jackfruit which is a good source of fibre. We also like rice dishes such as Dosa made from rice batter and black lentils.'



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NUTS ABOUT FAIR TRADE



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Breakfast with
Mr Juan Bravo Reyes
Peanut nut farmer
Cooperative president
Liberation Foods shareholder

'I make my own breakfast which is often a traditional dish called Gallo Pinto - a mixture of bean paste and rice. I eat this with fried eggs. I also like fried banana with sour cream and a cup of coffee. I tend to eat a heavy breakfast and lunch (to give me energy for the day), followed by a light dinner.'



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Breakfast with
Mr Julian Perez Ortiz
Brazil nut gatherer
Cooperative president
Liberation Foods shareholder

'We eat breakfast around 8am, which usually includes green banana (plantain). This is firstly cut up and boiled and then pounded down and seasoned. We call this dish Masaco. We also eat meat stew for breakfast and drink black tea. We like to drink brazil nut milk.'



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