



**Case Study: Sivakalai Jevasekaran**  
**Activity:** Selling fruit and veg to Communities to help combat obesity

**Time Banked: 10 (2 hours per week)**



**Sivakalai** has given 10 hours of her time to the Fruitables project, that brings fresh fruit and vegetables to children through selling these in the playgrounds of Primary Schools. Siva has helped promote, prepare and sell fresh produce at Kenmore Park Junior and Infants School and has also helped to develop a new stall for the newly arrived Ghorka Community in South Harrow.

She has also recently visited the London Foodboard to promote this idea to other London Boroughs, through a new toolkit.

**Sivakalai** has lived in Harrow since and is very committed to helping out her local community.

She said:

“I like Communities Click because it allows us to make a difference to people’s lives. The project I am involved with has helped me learn about the importance of healthy eating and I have used what I have learnt to adjust our diet and bring about a significant reduction for members of my family.”

**Sivakalai** supports the idea behind **Harrow Communities Click** and its sister project Local Change and is currently busy enlisting support from others to join this wonderful opportunity.

