

When Sammy met Sally.



Written by Alfredo Marcantonio
Illustrated by Mick Brownfield

Sammy was a scavenger.



**Instead of looking for healthy, fresh food,
he went straight to the local dustbin every day.**

Sally loved fresh food.



**And she loved
to have fun finding it.**

For breakfast,



Sammy ate a half-eaten
slice of fried bread.

For her breakfast,
Sally went to the orchard...



...and found two juicy apples.

For lunch,



Sammy ate a whole lump of
greasy fish batter.

For her lunch,
Sally went to the allotment...



...and found three crunchy carrots.

For his supper,



Sammy ate a quarter of
a left-over burger.

For her supper,
Sally climbed a tree...



...and found four tasty nuts.

Instead of making him fitter,



Sammy's food was making him fatter.

Until one day,



Sammy got stuck in the doorway to his tree house.

**“Help!
I’m Sammy
and I’m stuck.”**



“I’m Sally, I’ll help pull you out.”

**“Thanks Sally.
Will you join me for lunch,
at the dustbin?”**

**“No, thank you.
It’s the food from the dustbin
that made you get stuck.”**



“You have lunch with me,” she said.

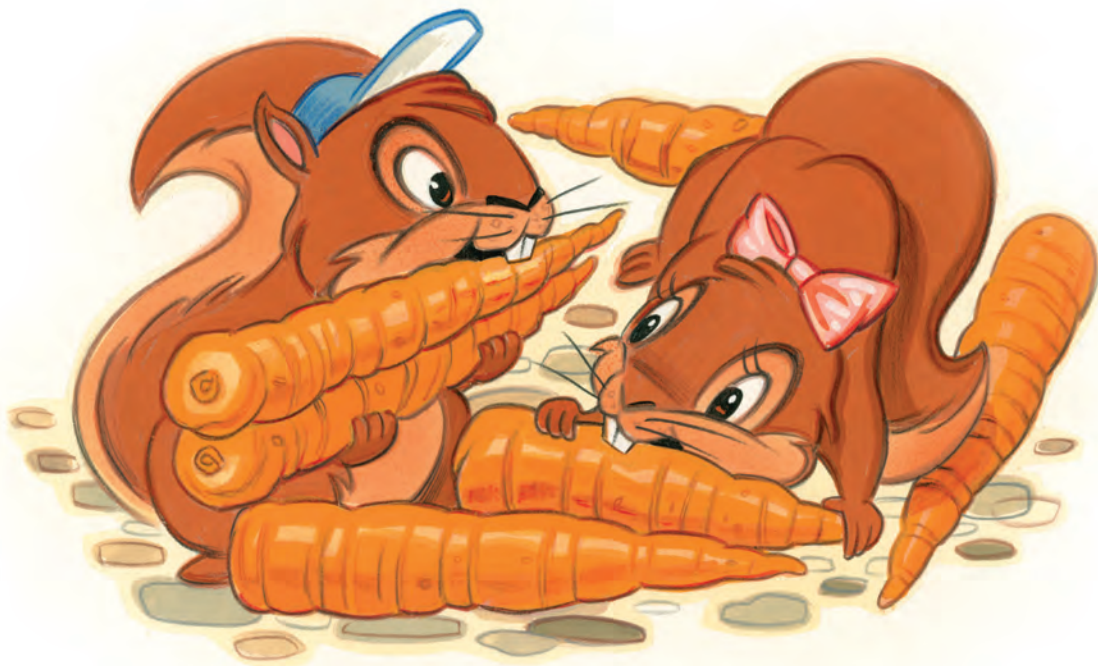
Sally taught him to climb to the top of the trees.

She found him five tasty nuts
and showed him the wonderful view.



Sammy liked the view
and he liked Sally too.

The next day, Sally took him to the allotments and they found six crunchy carrots.



Sammy was getting fitter instead of fatter.

And the day after that,
they went to the orchard and
found four juicy apples.

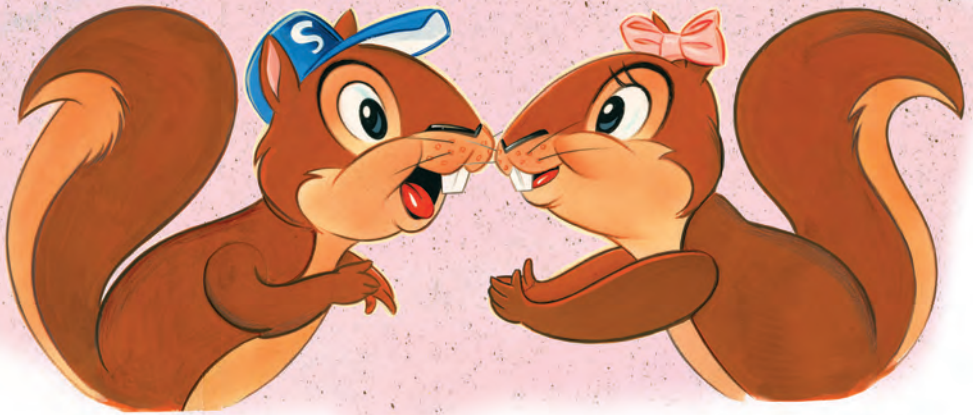


“Can we have lunch every day?” said Sammy.
“For ever and ever?”



“Ooh, yes,” said Sally.
“I would like that very much.”

THE END



And Sammy never ate at the dustbin again.



Commissioned and distributed by
Albert Bartlett Potatoes.
Helping to promote healthier eating.

www.albertbartlett.co.uk

Produced by HHM at hhm.uk.com All rights reserved.

© Sammy & Sally Ltd, Mick Brownfield (illustrations) 2016

No part of this publication may be reproduced, stored or transmitted by any means,
without the prior written permission of the above parties.

ISBN: 978-0-9554557-1-1



Est. 1948