

## SHEPD

The time bands are illustrative only and subject to change.

<b>SHEPD: distribution time bands</b>	<b>Monday to Friday</b>	<b>Saturday and Sunday</b>
Unit rate 1: red	12:30 to 14:30 16:30 to 21:00	
Unit rate 2: amber	07:00 to 12:30 14:30 to 16:30	12:30 to 14:00 17:30 to 20:30
Unit rate 3: green	00:00 to 07:00 21:00 to 24:00	00:00 to 12:30 14:00 to 17:30 20:30 to 24:00
	Times given are clock times GMT or BST as appropriate for the time of the year.	