

Growing Food: Changing Lives

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Why grow food?

Connect: with yourself and your health and wellbeing; engage with other people with similar interests, politics, the elements, spiritual self

Be Active: physical activity, sowing, nurturing & harvesting and eating fresh food,

Take notice: getting to know diversity, how your food grows and physically transforming local environment,

Keep Learning: opportunity to learn or enhance skills

Give: time to yourself, your friends and neighbours and share fresh food

Growing the food we eat, can improve our sense of wellbeing: social, emotional, physical, mental & spiritual

Liverpool Community Spirit





Tomorrows Women Wirral



Better Lives & Grow Your English



Learning

- Sustainable approach to enable continuation – land ownership, water supplies, skills et al
- Listen, enable, support, resource & sustain
- Be creative
- Appropriate to group / individuals
- Partnership working
- Food growing methods that are interconnected with caring for the land and all species (organics)
- Increasing human resilience to care for selves
- Reducing air pollution, carbon dioxide and mitigating climate change

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