

GROW IT, COOK IT, SHARE IT



➤ Free family learning course - adults and children learn together

- ✓ learn how to grow your own fruit and veg at home
- ✓ save money, eat healthily and get more exercise





- Complete tasks in your own time
- Sessions delivered by email and phone, with video and downloadable resources

Additional learning support can be arranged if required.



**For more information or to sign up,
please contact Carolyn Mallott
e: carolyn.mallott@groundwork.org.uk**

About the course

-  This family growing and cooking course teaches families about fruit and vegetables that can easily be grown and eaten at home (whether in a garden, balcony or window box). Videos, downloadable resources and 1:1 support are provided for you to complete tasks in your own time.
-  It's a sociable course, as you undertake activities as a family unit, and gives you the chance to add more fresh vegetables and fruit to your diet.
-  Plus you get the mental and physical wellbeing benefits of being active outdoors, getting to grips with nature.
-  Fun for all the family!



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