

Food Growing for Families

In addition, the 'From Soil To Plate' project also included designing food growing grounds for Christ The King's Learning Centre. The Trust helped plan out the grounds with the pupils' disabilities in mind. Wildlife Trust volunteer groups and local residents all clubbed together to help construct the raised beds. A first time volunteer felt it very rewarding:

"I was pleased to work alongside members of the Wildlife Trust in preparing a Community Allotment in the Learning Centre. The event was to commemorate National Allotment week and I would like to say how much I really enjoyed the company of the Trust volunteers all of whom worked hard. I would like to offer my services at future events"



Now the Trust has given the Centre the starting blocks needed for food growing, they are now at the stage to take their garden into their own hands and acquire their own funding. As on our other food growing sites, the pupils will benefit greatly from the rewarding and therapeutic enjoyment food growing brings. The impact on their health and behaviour will be extremely evident.



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The positive, gratifying activity of food growing is a wonderful way to boost self esteem. Through 'From Soil To Plate' and other similar projects, the Trust gives parents a chance to take on responsibility for their own diet and health, and offers a new and exciting pastime which the whole of the family can enjoy.

As a result of increased nutrition awareness, exercise, confidence, and outdoor activity from food growing, Lancashire, Greater Manchester and North Merseyside are moving in the right direction to becoming much more healthy, organic, environmentally friendly areas.



From Soil to Plate



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N Merseyside

This report has been created by the Growing Healthy Naturally Project which began in 2008. It is funded by The Department of Children, Young People and Families. The project aims to improve the health of many by encouraging lifestyle changes through engagement with the outdoors.

Thank you...

A huge thank you to all the funders, volunteers and organisations who have made our food growing projects huge successes.



Food Growing for Families

In 1997, the Lancashire Wildlife Trust began delivering Food Growing projects to families, children and young people. Over the past 12 years, these projects have led to remarkable changes regarding the areas health, community cohesion and biodiversity.

Councils and health organisations, such as the NHS, are realising the importance of food growing in achieving their set targets: prevention and remedy of obesity amongst children, better emotional health of children, and increasing young people's participation in positive activities.

Our 'From Soil to Plate' project is a fantastic example of how the Trust works with families to promote the importance of healthy eating and opportunities to connect with the outdoor environment.



Double sessions were delivered to some groups, who also learnt how to plan their own growing area, how to sow for a maximum harvest, and how to transplant plants and take cuttings.

"With the right planning and preparation you can grow something for the table every day of the year."

Many parents went away from the sessions eager to enjoy food growing with their children, helping them to understand about the origins of food and enjoying fruit and vegetables. Two people from a children's centre have gone on to get plots of their own, and one centre has even planted apple trees around their building.

"The kids enjoyed growing their own food, which I hope will encourage them to eat more vegetables."

"This has encouraged us to grow from seed, so children can see the whole growing process."

"We will eat more salad if it's grown at home, and we will save money."

"I didn't realise how simple it is to grow own produce. Thank you!"



'From Soil to Plate' Project, Knowsley

Funders: Knowsley Primary Care Trust.

Set up in 2009, this cheap and cheerful food growing scheme aimed to encourage healthy lifestyles amongst families. Sessions were held at children's centres, mother and toddler groups, a diabetic group and schools to enthuse parents, young people and children to grow their own food. The initial half of each session was directed at parents, explaining the theory of pot planting whilst the children played. The Trust aimed to eliminate the idea that families need allotments or gardens to grow food, and to boost parents' confidence in growing crops in containers.

The parents were talked through helpful tips on the basic tool kit required, how to understand seed packets, suitable container crops, and how to deal with weeds, etc. During the second, practical, half, their children enjoyed mucking in, planting seeds in pots. They followed a simple step-by-step guide on how to create their own salad pot. Parents and their children worked together to prepare containers and growing media. The youngsters were extremely proud of the pots they produced and especially interested to know when they could eat them!

"All you need is just a few key skills and a bit of imagination."



"My children will learn where food comes from and how it grows. They will learn to nurture, love and help it grow. Plus we can do this as a family activity."