

**Building a
healthier
city where
everyone
can grow
their own
food.**



Growing Communities

The aim of the programme is to enable tenants to access low cost, healthy food and learn about growing their own whilst benefiting from a range of wider health & well-being impacts for themselves and their families.



...activities that will help people sustain a balanced diet in the longer term, improving health outcomes for individuals and their families.

TACKLING
FOOD
POVERTY
TOGETHER

HOME
Helping Old Moat Eat

Project Set Up

- Work with partners
- Establish programme of activities and events
- Develop brand and outreach material
- Recruit and train local people / group as 'growing champion'
- Develop hubs for training



HOME
Helping Old Moat Eat

COOKING
FREE healthy cooking courses. Learn how to cook great tasting and affordable food. Impress your family and friends with new recipes.

FOOD GROWING
FREE food growing courses. Learn the basics on how to grow your own delicious vegetables at home and get FREE start up equipment.

EVENTS
FREE events with cooking demonstrations, kids activities, and music. Have fun and get involved with HOME.

TAKE AWAY
DISCOUNT healthy take aways. Tasty food and drinks every week including stews, soups, curries and smoothies.

For more information and to book courses contact us
email: info@sowthecity.org • phone: 0161 900 9042
...or drop into Old Moat Children's Centre to register your interest.

Door knocking & engagement

- Food champions door knock
- Engage at busy community hubs
- Or on street!
- Friendly, trusted local voice from people known in community
- Freebies
- 1 in 3 would answer and take kit
- Signposting



Signposting - events



Signposting – training, talks and walks



COOKING COURSES

11th
MARCH
10am-1pm

15th
APRIL
10am-1pm

13th
MAY
10am-1pm

10th
JUNE
10am-1pm

GROWING COURSES

Introduction to growing your own veg session on any of these dates:

20th
MARCH
12-3pm

17th
APRIL
12-3pm

8th
MAY
12-3pm

22nd
MAY
12-3pm

EVENTS

21st
FEB.
11am-3pm
HOME Spring Event
"Free food, get involved and sign up."

19th
SEPT.
1pm-4pm
HOME Harvest Event
"Share and celebrate produce and experiences"

All courses and events are being held at Old Moat Children's Centre.

TAKE AWAY

Wednesdays
1:15 - 3:15 pm FROM 4th MAR

Enjoy our healthy take away service on Old Moat Green, Old Moat Lane opposite Old Moat Primary School.

HOME is a community food initiative that aims to increase access to affordable healthy food. It is a partnership between Sow the City, Southway Housing Trust, and Old Moat Primary School. HOME is funded by the Manchester City Council Food Poverty Fund.

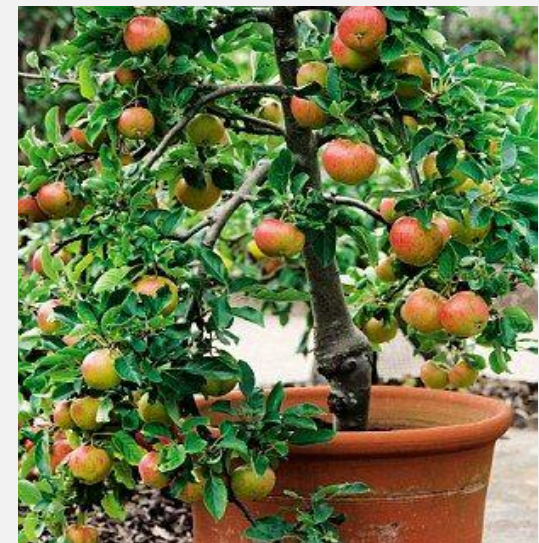
Follow up support at home



All those that trained provided with:

- A free raised bed, made from timber offcuts by HA contractor
- Free seeds & kit
- Advice at home about how to achieve maximum success
- A potted apple tree (Sunset)

This process was a hugely successful model to support novice growers...



Following up & evaluating



“We’ve had about 1kg of strawberries and 350g peas”



“Doing well with my veggies; I’ve been eating and saving some pennies which is much needed”



Supporting & creating community gardens (and tenant show gardens)

RIVERBANK COMMUNITY GARDEN

GROW TOGETHER, SHARE THE HARVEST

NEW MEMBERS WELCOME
OPEN MOST SUNDAYS 2-4PM
RIVERBANKGARDEN@GMAIL.COM



Engagement Summary

- Growing Communities = 1341
- HOME = 941
- **Overall total = 2,282**
- For many, a simple door step interaction and having a go
- For others – training, learning, joining group, eating well and saving money

