

# Sunderland Grow Prepare Share network

The **Grow Prepare Share network** is for organisations and individuals involved in growing, cooking, or sharing healthy food in Sunderland.

The network currently takes the form of an email list. Members can share information, questions, events, funding opportunities, and anything else that might be of interest. It's a space to connect, share knowledge, and find opportunities to work together. We want to help more local people to grow, cook, and eat healthy, sustainable food.

## To join the network, please follow these simple steps:

1. Send an email to [growpreparesharesunderland-subscribe@lists.riseup.net](mailto:growpreparesharesunderland-subscribe@lists.riseup.net) (it can be blank!)
2. You will receive an email from [sympa@lists.riseup.net](mailto:sympa@lists.riseup.net), asking you to confirm your registration
3. Follow the instructions in the email to confirm that you'd like to join the network

That's it! You will receive a confirmation email to let you know that you've been successful

To post in the group, just send your message to [growpreparesharesunderland@lists.riseup.net](mailto:growpreparesharesunderland@lists.riseup.net) and it will be delivered to everyone in the network.