

GROW FOR READING

Can you help us by sowing seeds at home for Food4families and the Veg4Reading project?

Seedlings will be planted out at community gardens and all vegetables grown will benefit the local community, including food banks and organisations who provide hot meals.

Seeds, pots, compost, advice and workshops can be provided.

TO REGISTER YOUR INTEREST PLEASE EMAIL

food4families@risc.org.uk

