



Dear Steve,

I wanted to write to you regarding the outstanding success of the We Can Grow At Home HAF boxes. As you are aware, on behalf of our Easter Holiday Activity & Food (HAF) Easter Programme, we purchased 500 boxes.

The boxes were used as part of our nutritional education daily activity with our children and young people. The boxes greatly assisted us to improve the knowledge and awareness of healthy eating and were an excellent practical tool to get everyone involved in discussing nutrition!

Having something 'hands on' allowed us to run a fantastic informal learning session that actually helped teach children the essential life skill of growing vegetables!

This then led into taste tests, advice sessions about what constitutes healthy food and how the children can use vegetables to make delicious healthy low-cost smoothies.

The boxes were also a great way of engaging with parents, carers and other family members to grow vegetables together with their children, and then, after they have grown, to prepare and eat a meal together. Every child left the programme with a real determination to grow their vegetables, compare progress with their friends and eat the vegetables when they've fully grown!

There was definitely a greater sense of 'community' amongst all the children and adults as a result of using your HAF boxes. Children and families were talking openly about the quality of the materials, growing their vegetables at home and sharing their results on social media.

I have no doubt that if you could get greater numbers of the community involved, you could definitely start a #vegiculture revolution!

We are looking forward to doing even more growing activities this Summer!

Thank you.

Peter

Peter Norman

Head of Community

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