



## ***Want to Grow Your Own Food but not sure how to do it? We Can Help***

**For WestShore households with little or no experience growing their own food Capital Families' Food Security Initiative is offering a special opportunity. This growing season ten lucky households will be eligible to receive a free food gardening package to get them started. The package will include:**

- Free Seeds and seedlings
- A tool kit of good quality gardening tools
- A packet of information with gardening tips and information
- Assistance with up to 50% of fencing costs for your garden
- Four free workshops on gardening topics
- Ongoing advice and information on setting up and maintaining your new garden
- Approximate value of this package: \$375 each

### ***Why are we offering this?***

Because we need more people starting to grow their own food on the WestShore. Over 90% of our backyards aren't growing food in them. With our present economic and environmental challenges we are concerned about the future of our food supplies.

### ***If there's no cost, what are we asking in return?***

We need more people in our neighbourhoods who are willing and able to help others start their own gardens. For this reason we will be asking people participating this year to be available in 2010 to pass on what they have learned, with our help, to people in their neighbourhood who would like to grow food for themselves as well.

***To apply to become a participant*** or find out more about this program, please contact the Food Security Initiative tel. 391-4320 ext. 364 or email David Stott, Coordinator at [david.stott@capfamilies.org](mailto:david.stott@capfamilies.org) Deadline for receipt of applications is May 15th. This project is funded with assistance from the Vancouver Foundation together with the Community Food Action Initiative of V.I.H.A.