



Have you recently been diagnosed with Type 2 Diabetes or Pre-Diabetic?

Are you looking to improve your health & Wellbeing through healthy eating?

Would you like free vegetables every fortnight for one year?

In our first year Grow, Share, Cook welcomed over 172 participants in the last three years to receive a free bag of vegetables every fortnight and brought more than just good food to the table.

Encouraging new skills and techniques in the kitchen, hands-on cookery demonstrations and the opportunity to learn to grow your own food at home, we helped our families discover a new love of home cooking and healthy eating and improved their health and wellbeing along the way! All we require is that you come to 3 cooking sessions throughout next year at a venue local to you, complete a feedback form and survey.

**If you are interested in finding out more about the Cook, Grow Share project please contact Zoe Nile:
07948 407623**

Zoe-nile@outlook.com