

# GRANDPARENT GARDENING WEEK

## It's the perfect time to kick start your nursery garden

Why not reach out this year to engage the support and advice of grandparents, carers and the wider community (including local allotment holders)?

### Make it an event:

Identify a time during the week to host your event. Involve your cook and ask them what crops they would like to see grown. Share ideas and plans with everyone at the nursery to develop your gardening space then it's all hands on deck to get digging. There are plenty of resources to get you started in your portal.

After all the hard work, treat guests to some home-made refreshments, soup or even a full lunch with the children.



## By taking part you will be working towards the following criteria of the Food for Life Awards:

- 2.11** Use this as an opportunity to encourage your cooks and catering staff to interact with the children, parents, grandparents and the wider community.
- 3.1** Provide an opportunity for children to take part in growing using safe organic methods. Complete the full criteria by providing snacks made from fruit and veg from the garden.
- 3.2** Meet the whole criteria by incorporating cooking and eating the garden produce into the day – making it a real celebration of food.
- 4.0** Celebrate diversity by planting fruit and veg that are used by a variety of different cultures. Why not get parents and the wider community involved by getting them to suggest some more unusual things to grow.
- 4.1** By engaging parents and the wider community in growing activities you are well on the way to meeting this criteria. Get some parents cooking at the same time to meet the whole criteria.
- 4.2** Encourage children and families to taste and talk about a variety of foods by planting lots of different fruits and veg and by providing some healthy tasty food for your helpers.