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GIVE PEOPLE THE KNOWLEDGE AND SKILLS TO TAKE CONTROL OF WHAT THEY EAT!

I'VE ALWAYS THOUGHT OF FOOD AS A VERY SOCIAL THING!

SPREAD THE WORD

go on to change others in the community.

FOOD HEALTHY MENTAL WELLBEING

HEALTHY FOOD  
GOOD PHYSICAL HEALTH  
GOOD MENTAL HEALTH  
EMOTIONAL WELLBEING

COMMUNITY FOOD GROWING

it's good to garden with other people!

SELF-WORTH  
learn responsibility  
caring for plants...

HELPED PEOPLE GROW AND WANT TO LOOK AFTER THEMSELVES

SELF-ESTEEM

SELF-CONFIDENCE

IT'S JUST TAKEN OFF AND GROWN ORGANICALLY

EXPAND CHILDREN'S KNOWLEDGE OF FOOD AND...

TEACH HOW TO COOK...

THEN PUT RECIPES ON LINE

SHOW HOW TO USE UTENSILS

6 WEEK COOKERY COURSE

# THE SELF EVALUATION JOURNEY ...

IT TAKES TIME!  
double it!  
whenever you think...

GO TO WHERE PEOPLE ARE TO COLLECT FEEDBACK

take PHOTOS BEFORE DURING AFTER

USE ON WEBSITE!  
SHOW TO FUNDERS

REPORT FINDINGS  
IMPROVED INTERACTION  
SOCIAL INTERACTION  
SELF-ESTEEM  
SELF-CONFIDENCE

take ACADEMIC BASELINE for ACADEMIC EVALUATION

RESEARCH  
MENTAL HEALTH  
AND FOOD  
PUBLICATIONS

EVALUATE IN MANY DIFFERENT WAYS

EFFECTIVELY REFLECT ON PRACTICE

EVALUATE CONTINUALLY

SHOW PEOPLE THEIR PERSONAL TESTIMONY IS VALUED!

TRAIN STAFF TO TRAIN OTHERS

ACCESS OPPORTUNITIES THROUGH NETWORKING

TRAINING EDUCATES AND EMPOWERS PEOPLE

USE A VARIETY OF TOOLS  
EVALUATION WHEEL  
GRAPHICS  
MEMORY TREES  
VIDEO

BODY MAP  
CAMERA

JIGSAW

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