

FOOD

Interested in healthy eating?
Growing fruit and vegetables in Tower
Hamlets? Want to get started?

GROWING

Tower Hamlets Food
Growing Network
Autumn Gathering

NETWORK

&
St Hilda's Food
Co-op Launch

AUTUMN

Join us for a free day of
information and inspiration!

GATHERING

&

Where: St Hilda's East Community Centre,
18 Club Row, London E2 7EY

When: Thursday 13th October 2011 10:30am – 3:00 pm

St. HILDA'S

Free: Entry, Fruit,
Goody Bags, Lunch,
Food Co-op, Seed swap*

FOOD CO-OP

LAUNCH

Food Growing Workshops
Information and Activities
Tour of Community Gardens

*Please bring spare seeds to share/exchange if you have them!

For more information or to book a place contact the WEN Local Food Team:
food@wen.org.uk, Tel: 020 7481 9004 or Lourdes Colclough (St Hilda's Food Co-op):
Lourdes@sthildas.org.uk Tel: 020 7739 8066

