

Startwell Newsletter Article

Food Growing Campaign

In this month's edition we are excited to announce the launch of our new Food Growing campaign. With spring approaching this is the perfect time of the year to get green fingered and start growing! We will be running this campaign throughout April, May and June and will be giving you lots of ideas on how to incorporate growing activities to suit your setting. It is also National Children's Gardening Week on 31st May 2018.

To stay engaged in the Startwell programme and to keep your award active you are expected to deliver and evidence this campaign. Remember that photographs and planning are a great way to capture evidence; you can collate your evidence using your electronic journals or Startwell scrapbooks. Lily and Eve were very excited to get started, here's how they found their first growing experience!



Why is Food Growing Important?

Other than the end product, food growing incorporates important early educational messages that can be applied to the human body. Remember to make your activities as physical as you can. We have broken these down into the three following areas:

Food Growing Key Messages	
Plant Life Cycle	<i>Looks at the different stages of how a plant grows</i>
Water and Hydration	<i>Plants need water to grow, similarly to our bodies, and should be our main drink</i>
Sunshine and Vitamin D	<i>Sunshine is plants source of food and helps them to grow tall. Children should also have energetic outdoor play to grow well. Remember our main source of Vitamin D come from the sun – we need to be outdoors to top this up</i>

Each month we will focus on one area at a time, this month we will start with the **Plant Life Cycle**. To get you started we have created a [step by step guide](#).

You may also want to have a look at the '[Early Years Growing, Gardening and Nature Exploration Toolkit](#)' written for the Bath and North East Somerset Director of Public Health Award for extra ideas.

If you are new to food growing, don't worry, you can adapt your experience to suit your environment. Many people worry about space, time and cost but we have factored all of these into account to make it as simple and easy as possible. If you are a seasoned food grower we also have some more advanced ideas for you too. Get started now and read our step 1 of our [step by step guide](#). We hope you have lots of fun with the children completing this campaign.