



Startwell's Food Growing Survival Toolkit

Keep it Simple

-

Have some Fun

-

Enjoy the Food

Growing Lead: _____

Complete the questions below and add your actions into the boxes provided

1. Space

Where could you do your food growing?

Indoor ☐

Outdoor ☐

Local allotment ☐

Which of the following containers do you have that you can put indoors on a window ledge?

Yogurt pots ☐

Teapots ☐

Empty jars ☐

Old pots and pans ☐

Which of the following do you have outdoors that you can utilise for growing?

Vegetable patch ☐

Raised bed ☐

Tyres ☐

Hanging baskets ☐

Drainpipes ☐

Old pots and pans ☐

Grow bags ☐

Water butt (*see if Severn Trent provide for free*) ☐

Do you know where your local allotment is?

If you would like children to experience a bigger space or gardening on a larger scale, check out your local allotments or community buildings (church hall, library, residential/nursing home, community centre). To find an allotment and information on applying for one visit

<https://www.birmingham.gov.uk/info/20090/allotments/173/allotments>

Your local allotment(s) are:

.....

.....

Now that you have identified what space you have, use the space below to plan how you will use this:

2. Equipment

You will need the following equipment, please tick which of the following you have:

Essential equipment:

Compost ☐ Seeds ☐ Watering cans ☐
Containers/seed trays ☐ Child-sized hand tools e.g. trowels and spades ☐
Child-sized long-handled tools for digging, raking and sweeping ☐

Optional Equipment:

Children's gardening gloves ☐ Sinks ☐ Baths ☐ Tyres ☐
Old plastic pots and containers or bottles (*with holes in the bottom*) ☐
Empty plastic boxes/bins to hold water ☐ Watering can from milk bottle ☐
Bug pots ☐ Magnifying glasses ☐ Binoculars for bug spotting ☐
Child-sized wheelbarrows ☐ Dustpan and brush ☐

(Avoid treated railway sleepers when building beds as these should not be in contact with edible crops)

Use the space below to write a list of all the equipment you need to get:

3. Cost

How are you going to fund your food growing campaign?

From setting budget ☐

Ask for donations of seeds/tools (*from families, garden centres and seed companies*) ☐

Ask parents/carers to bring in one item to keep the resources stocked ☐

Organise fundraising activities to raise money to get you started then sell your produce when you harvest it to reinvest ☐

For a list of organisations that provide funding for gardening activities with children visit

<http://www.gardeningwithchildren.co.uk/school-zone/funding-guide/>

Use the space below to plan how you will finance your growing project:

4. What to grow and how

Here are some examples of what you could grow.

What shall I grow?	Where can I grow it?	Time: Planting to harvest
<i>Sprouted seeds e.g. sunflower seeds or mung beans</i>	<i>Indoor</i>	<i>2 - 5 days</i>
Herbs e.g. basil	Indoor /outdoor	2 weeks
Strawberry plant	Indoor/outdoor	Approx. 6 weeks
Peas	Indoor/Outdoor	6 weeks April – mid-may
Potatoes	Outdoor	9 weeks April – mid June

You could also try cress, tomatoes, sunflower seeds, herbs (mint, parsley, thyme and rosemary).

5. Maintenance

It is important that all children have equal access to looking after plants.

Who is going to take care of your plants when you are open?

Children/each room on a rota ☐ Parents/carers/grandparents ☐ Staff ☐

Who is going to take care of your plants when you are closed e.g. weekends, bank holidays, half term?

Send pots home ☐ There is usually a staff member on site ☐

Not applicable, will choose plants carefully ☐

Use the space below to plan what you will grow and how you will maintain your growing:

Hints and Tips

Digging - Have a separate digging area available for children if you can so that they can practice with tools and techniques

Clothing - Ensure children have clothing appropriate to the weather conditions, especially wellies, waterproofs and warm clothes. Think about protection from the sun too with sun cream and hats.

Health and safety - Provide hand-washing facilities near and encourage children to wash their hands when they are finished and always before eating and drinking. Any existing cuts or open wounds should be completely covered before gardening.

6. Activities in Setting

Please use the table below to plan the range of food growing activities you will do with each room. These should be a combination of physical and food based activities. Use our pinterest activity ideas to get started.

Babies	Toddlers	Pre-schoolers
<i>e.g. develop a gardening sensory tray</i>	<i>e.g. plant cress seeds in cups</i>	<i>e.g. Look at seeds inside fruit for example, apple and plums</i>

7. Activities for Home

Use the space below to plan what activities children can do at home. Use our growing activities ideas.

8. For further information visit Royal Horticultural Society Website using the links below:

<https://www.rhs.org.uk/advice/grow-your-own/herbs?sortReverse=false&sort=nameSortField&facets=9;herbs&facets=0;gyo>

<https://www.rhs.org.uk/advice/grow-your-own/fruit/strawberries>

<https://www.rhs.org.uk/advice/grow-your-own/vegetables/peas>

<https://www.rhs.org.uk/advice/grow-your-own/vegetables/potatoes>