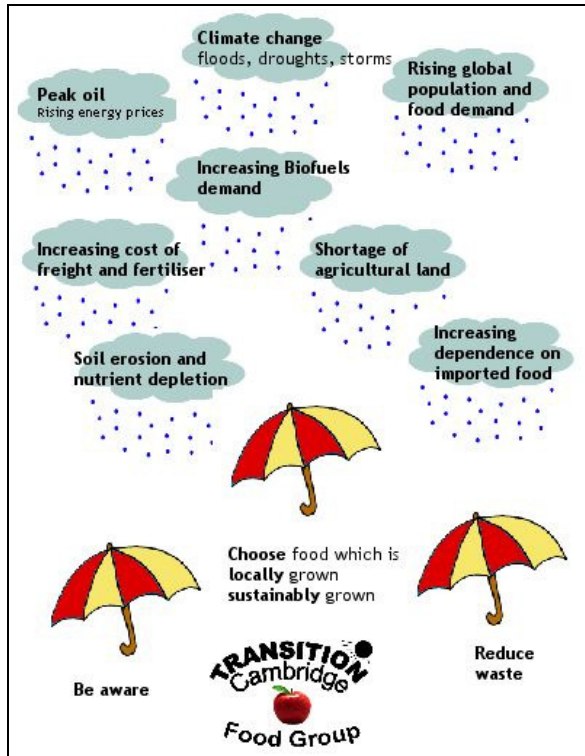


Transition Cambridge Food Group



Would you like to know more about safeguarding our food supply?

Do you hate to waste food?

Would you like to buy locally grown food?

Would you like to grow your own?

www.transitioncambridge.org/food

Who we are and what we do

We're a group of local people of all ages and backgrounds who have come together to try and make a difference. We all have a shared interest in food and sustainability issues. As a group we work both independently and with other organisations. At present two of our key partners are Cambridge Allotments Network and Trumpington Community Orchard.

Our current activities include:

- The **Garden Share Scheme**, linking people who have gardens that are under-used with people who want to grow their own vegetables but don't have the space to do so.
- A **Grow Your Own course**, currently running through spring and summer 2009, offering a series of practical sessions on the basics of growing your own food.
- A **Campaign for more Allotments** - because demand and waiting lists are growing.
- A **Local Food Sources Directory** being developed to promote local food producers.
- On the horizon: **Gardener mentoring scheme - community supported agriculture - food buying clubs ...**

How you can help

The Grow Your Own course is proving very popular, but is a heavy commitment for the members leading it. Could you help run future courses?

Do you know of good local food producers to add to our list?

No matter what your area or level of skill or knowledge, your contribution will make a difference. If none of our current projects appeal perhaps you have another suggestion? Transition is all about pitching in and making things happen, not hanging back and waiting for others to organise everything. We welcome all like-minded people who want to take part and help achieve our shared aims, and the more people we have the more effective we can be, so please consider getting involved.

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