**Grow Well to Eat Well**

**A poster of vegetables and a pot of soil

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**Ready, set, grow!**

**Living Well have relaunched their grow your own food campaign: Grow Well to Eat Well!**

After the huge success of last year’s campaign, they are now offering more free seed kits to adults living in Bradford district, to help people have a go at growing their own food at home.

Homegrown food is fresher, tastier and bursting with flavour. It’s easy, fun and a great way for you and your family to eat your 5 a day!

You don’t need a big garden or an allotment to join in. You can grow your own food in pots, or on your windowsill, balcony, patio or even in a hanging basket. Everyone can have a go at growing their own food!

Living Well have teamed up with [InnChurches](https://innchurches.co.uk/) to offer these **FREE Seed Growing Kits** to help people get started.

The kits include:

* A growing tray with seeds (chives, coriander & basil)

OR

* 3 x compostable pots (spring onion, coriander & parsley)
* Soil
* Instructions

A collage of pots and plants

AI-generated content may be incorrect.

There are lots of places across the district where you can pick up your kit, but please hurry because stocks are limited.

Don’t miss out, these kits won’t be available for long, so sign up for yours today. Come on Bradford district, let’s get growing!

To get your free seed kit please click the link below to visit the Living Well website and complete a short form to select where you would like to collect your kit from.

Each growing kit is designed to let you grow indoors on a sunny window ledge (although you can move them to outdoors once the plants get a bit larger and the weather a bit warmer).

**For more information about growing your own food at home and to apply for a FREE growing kit please visit:** [**https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/**](https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/)