

## The Mission Of CHEP

CHEP Good Food Inc. works with children, families and communities to improve access to good food and promote food security.

## The Vision of CHEP

CHEP's vision is of a food secure community.

Food security is a situation in which:

- ◆ everyone has assured access to adequate, appropriate and personally acceptable food in a way that promotes health, respect and dignity
- ◆ people are able to earn a living wage by growing, producing, processing, handling, retailing and serving food
- ◆ the quality of land, air, water is maintained and enhanced for future generations
- ◆ food is celebrated as central to community and cultural integrity.

## to contact us:

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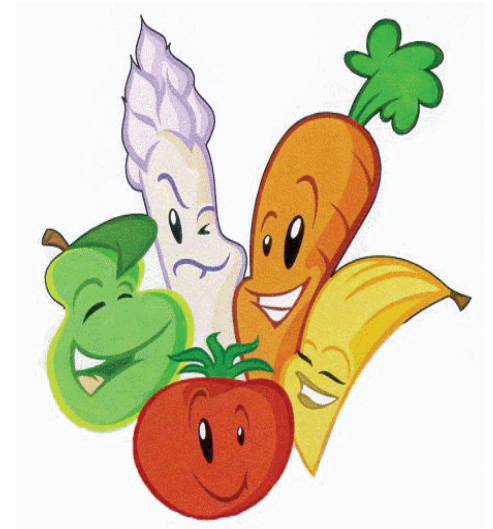
our website: [www.chep.org](http://www.chep.org)

Other food actions supported by CHEP Good Food Inc.:

- ◆ Children's Nutrition Programs in schools
- ◆ The Good Food Box
- ◆ Fresh Food Markets
- ◆ Collective Kitchens
- ◆ Kids' Kitchen
  
- ◆ We are an active member of Food Secure Saskatchewan and The Saskatoon Food Coalition



## COMMUNITY GARDENING



*"Let's Grow Together."*

# WHAT IS CHEP'S COMMUNITY GARDENING PROGRAM?

Community gardens are places where people meet each other and work together growing food for their families while growing friendships and developing a sense of belonging in their community.

- **GARDENS** - in public parks, vacant lots, on school and church grounds, and even in private backyards

- **WORKSHOPS** - learn new skills such as how to make the most of your space, composting, chemical-free gardening and preserving food

- **FAMILY FUN** - teach children where food really comes from; participate in field trips & gatherings with a focus on celebrating food

- **FIELD TRIPS** - annual visits to a local u-pick farm and to innovative agriculture projects

- **SEEDY SATURDAY** - a seed exchange with exhibitors, workshops and networking opportunities about sustainable living.

## WHO CAN PARTICIPATE?

- ◆ Anyone who can commit to planting and maintaining a garden plot, either individually, as a family or as a group.
- ◆ Anyone interested in participating in workshops and group celebrations.
- ◆ Anyone who would like to learn.



*“More grows in the garden than the gardener sows.”*

## How Do I Find Out More?

Locate Saskatoon's gardens at:

[www.chep.org/cg/index](http://www.chep.org/cg/index)

CHEP Good Food Inc. plays an important role in promoting community gardening in Saskatoon and area. We collect and distribute information and can link people with gardens in their own neighbourhoods that are run by their community. We have several of our own garden projects and act as a liaison to support many gardens across the city.

Please contact us to inquire about finding a community garden near you. We'll try to match you up with a spot close to where you live or explain the steps in getting one started!

Our Community Gardening program has a quarterly newsletter called the *Gardening Grapevine*. Get your free copy. It features upcoming events, recipes, gardening topics and tips.

Ask to be put on our mailing or electronic mailing list. Connect with people who are passionate and excited about community gardening in Saskatoon.