

# Outdoor Growing

## You will need -

Chopping Board  
Knife  
Bowl  
Plant Pot

## Wasted Food -

Sweet Potatoes	Potatoes
Mushroom Storks	Ginger Root
Strawberries	

Home grown fruit and vegetables contain more vitamins and nutrients for a healthy diet, save you money and reduces the amount of food we waste each year.

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## Getting Started -

Make sure you have -

- All your food waste and equipment you are using ready and to hand
- A clear workspace (outdoors if using soil)
- A place to plant or transfer your plants to outside, which is clear of weeds

Get ready to start by -

- Removing any jewellery or watches (if planting outside)
- Tying hair back
- Rolling up sleeves

Remember to wash your hands when you have finished handling any waste or soil.



