

# FOOD

Interested in healthy eating?  
Growing fruit and vegetables in Tower  
Hamlets? Want to get started?

# GROWING

Tower Hamlets Food  
Growing Network  
Autumn Gathering

# NETWORK

&  
St Hilda's Food  
Co-op Launch

# AUTUMN

Join us for a free day of  
information and inspiration!

# GATHERING

# &

Where: St Hilda's East Community Centre,  
18 Club Row, London E2 7EY

When: Thursday 13th October 2011 10:30am – 3:00 pm

# St. HILDA'S

Free: Entry, Fruit,  
Goody Bags, Lunch,  
Food Co-op, Seed swap\*

# FOOD CO-OP

# LAUNCH

Food Growing Workshops  
Information and Activities  
Tour of Community Gardens

\*Please bring spare seeds to share/exchange if you have them!

For more information or to book a place contact the WEN Local Food Team:  
food@wen.org.uk, Tel: 020 7481 9004 or Lourdes Colclough (St Hilda's Food Co-op):  
Lourdes@sthildas.org.uk Tel: 020 7739 8066

