



Group Name:

THE HEALTHY NEIGHBOUR PROJECT

INSTRUCTIONS:

This is an easy project to get people involved in because it is really simple *and* measurable.

Start by distributing The Healthy Neighbour Project outline sheet to the members of your group so they know what the project entails and what the outcomes are designed to be.

Get everyone you know saving containers-50 is the minimum-more would be great! This is an important step because it encourages group engagement and that is one important outcome of the project. A 500ml (2 cup) yogurt or cottage cheese container would be more than adequate (don't make them too small because you will not want to be transplanting before the plants are distributed).

You will need to have a small fund available to purchase the seeds and planting medium (unless someone in your group has been seed saving) . If you plant 3 seeds per container so that you can thin out to one really strong seedling, you'll need a minimum of 150 seeds. (In Canada, one packet contains about 40 seeds on average). Plant according to directions and Mix it up! Grow all different kinds-beefsteak, early, yellow, cherry....

Set a specific day for your group to get together to fill the containers with planting medium and plant the seeds.

Ideally your group would grow the plants until they were about the same height as a seedling from your local nursery. (10 people looking after 5 plants wouldn't be too taxing) With that in mind, decide on a date that your group will have a Healthy Neighbour Tomato Give Away

Print off the posters and fill in your group's name, the date, and location. Post them at your library, community bulletin board, medical centre, post office or any other place that allows community event postings

Contact your local radio station about what you are doing. They might even interview you so you can bring attention to your group, the project, and the goals you'd like to reach.....and to encourage other groups to join with you in the challenge-remember, it is about working *with* not *against* other groups to reach and exceed the goal. Contact your paper to be present the day you give the plants out. It's encouraging to your participants.

On the day you give the plants away, make sure you record every participant's name and contact information and provide them either a copy of the Participant's Record Sheet or direct them to the website to download it. Encourage them to keep accurate records and ...*stay in touch*....this is a community building exercise!

And finally, check the reyouzd.com website often to see what resources have been added for you to share with your group. We encourage you to share your stories and your photos (make sure you have the permission of anyone in the photo-required before posting on the web). We will also be in touch as your cheerleaders to make your project a success. We'll format emails so you can simply forward it on to cheer on your team.

GOOD LUCK!! And Grow Healthy!