



Seed2Feed Project

# Communicare Inc VIP Plus @ Communicare



## Seed2Feed

Seed2Feed is a project that is aimed at promoting a healthy and sustainable approach to nutrition and the environment. VIP Plus @ Communicare will create a garden and maintain a market garden full of seasonal fruit and vegetables to be used in cooking classes and shared lunches.

VIP Plus students will research the right plants and growing conditions and the right recipes to get the most out of what they grow - in both nutrition and taste. A key part of the project is the creation of a cook book called iCook@VIP. This will allow the students to take home delicious and healthy recipes to share with their family and community.

The Seed2Feed project 2011 will culminate in a festive banquet lunch to celebrate Christmas together.

For more information please don't hesitate to contact Eboni Duncan,  
Program Coordinator VIP Plus on 9459 8365

*The project also ties in some very important community partnerships...*



VIP Plus @ Communicare

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