

# The Edinburgh Community Climate Fund

## (1a) Organisation/group name:

Edinburgh Community Food

## (1b) Project name:

Growing to Love

## (2) Tell us about your organisation / group (what do you do?) (150 words maximum)

Edinburgh Community Food (ECF) is all about helping people enjoy delicious, fresh, healthy food and making sure everyone in our city has access to an affordable, healthy diet. We use food as discovery and as an educational resource, to shape healthier lifestyles.

We tackle health inequalities in low-income communities in Edinburgh through our [Food and Health Development and Promotion work](#), including cooking and nutrition courses, health information presentations and delivery of [Royal Environmental Health Institute of Scotland](#) accredited courses.

We collaborate and co-ordinate community, schools, industry, and citizens to build a greener city creating healthier sustainable futures for all.

## (3a) Please select the fund criteria which your project relates to (Select all that apply)

- Create opportunities for community leadership and learning on climate change
- Reduce greenhouse gas emissions within communities and contribute to the net-zero target for Edinburgh
- Generate sustainable projects for the benefit of local people to build resilience or adapt to climate change within communities
- Build relationships between neighbourhoods of different socio-economic and ethnic backgrounds to work together on just, equitable and accessible climate and resilience activities contributing to the cities net zero agenda, also ensuring that activities work towards reducing or removing barriers for disabled people in the transition to net zero.

**Deadline for applications: 12th February 2023**

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## **(3b) Tell us about the project you would use the money for. (500 words maximum)**

We will build on the success of our [Grow Strong](#) 2022 pilot project where we collaborated with [VegPower](#), Edinburgh Council, Unwins Seeds, Westland and Masterchefs of Great Britain to get 5000 children growing tomato plants. 38 participating schools and 450 [Discover!](#) families were provided with equipment to grow tomato plants, invited to community gardens and then given extra ingredients to cook a meal using their homegrown tomatoes. We launched the project at [Jock Tamsons Gairden](#) where we demonstrated seed sowing with P6 at Parsons Green Primary School. Later in summer we delivered a session at [Liberton Primary School](#) with their P2 class to transfer the children's tomato plant seedlings to a larger pot. The children reused and recycled old containers from home. At harvest time, we hosted a [cook along](#) at the Edinburgh Community Food Warehouse with chef's from Masterchef's of Great Britain. The project was promoted via [STV News](#) and local TV Chef Tony Singh.

Our proposed new project, 'Growing to Love' for 2023 with VegPower is about building on the excitement and momentum from last year and further enabling children not only to eat more vegetables but also to grow them and help contribute vegetables to the food system themselves.

We will work with VegPower to design 'Grow Boxes' for delivery to 20 Edinburgh schools. These will be ready-to-go packs for classes containing compost, propagators, seeds and a resource pack with inspiration and lesson plans for teachers. We have chosen to use tomato seeds again as there are many benefits:

- Rich in colour, vitamins, minerals, variety and familiar to children
- Versatility eat raw, simply cooked, are meal basics for energy efficient recipes
- Varieties providing aromatic sweet and acidic sensory tasting sessions
- Share 70 ways to use tomatoes and reduce food waste
- Grow anywhere, in anything for everyone!

A Food & Health Development Officer will attend each school to deliver two educational sessions teaching about planting and caring for the seeds. These sessions will be designed to educate on sustainability, the importance of a local food system and a plant-based diet. We will incorporate learning on climate change and how growing, staying local and our diet can all have a positive impact on the environment. Additionally, all children will have access to local apples at each session to enjoy nourishing snack.

We will also create 3 community growing based videos on the benefits of growing fresh produce, eating more locally grown plant-based foods and an energy efficient cooking recipe video. We will collaborate with community gardens to partner in the social media campaign and attend school sessions. We want to connect young people with growing communities around the city. Grow the growers for the future and reduce food insecurity by connecting growers to share surplus produce.

We will reach 10,000 people and engage with 2400 children, 60 teachers and support 8 volunteers. In addition to this, our social media channels are followed by 8000 people.

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## (4) Describe your project in no more than 30 words (this will be used for publicity)

Growing to Love supports children within Edinburgh primary schools to grow vegetables, learn about sustainability and cook their produce, alongside a social media campaign to get our wider community growing too!

## (5a) Who do you hope will benefit from this project?

Primary school age children in Edinburgh and their teachers will participate actively in the project. With 8000 social media followers, members of the wider public can also learn and engage in the campaign following the journey from seed to fork.

Community gardens can partner in the social media campaign and connect with schools to deliver the project.

## (5b) Is your group open to all?

Yes

No

If no, please explain:

## (5c) Will the project have a positive impact on any of the following protected characteristics?

Disability

Marriage  
or civil  
partnership

Pregnancy  
and  
maternity

Race

Sex

Age

Sexual  
orientation

Religion or  
belief

Gender  
reassignment

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## (6) Where will the project be delivered?

In primary schools, within community gardens and virtually on social media.

(7) **Project start date:** April 2023  
**Project end date:** Sept 2023

(8) **How many people do you hope will benefit from your project?**

2400 children, 60 teachers, up to 8,000 social media followers.

## (9) Is anyone else working with you on the project?

Yes

No

### If yes, please tell us about this:

In 2022 Edinburgh Community Food and VegPower worked in partnership to develop the pilot phase of the Grow Strong project. Moving forward into 2023, Veg Power will be rolling this project out to the rest of the UK and Edinburgh Community Food will be continuing to deliver this in Edinburgh.

VegPower input will be limited to provision of the grow-boxes (equipment packs to schools, including everything they need to grow their veg and activity packs for in-school learning). Edinburgh Community Food, as the food experts in Edinburgh, will actively facilitate the school sessions and engage the wider public in the social media campaign.

Other partners include:

Unwins will be donating the seeds, soil and propagators and logistics.

Life Learning CEC and teachers across the city.

Community Growers and local gardeners.

[Masterchef of Great Britain](#) will provide cooking demos for filming.

Local media Edinburgh Evening News and STV

[Edible Edinburgh](#) partnership

[Nourish Scotland](#) partnership and networking growers.

Propagate Growing and Sowing resource.

Edinburgh Community Health Forum – newsletter and communications.

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**(10) Do you require permission from anyone or any additional insurance to carry out your project?**

Yes

No

**If yes, please tell us about this:**

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<b>(11) Please outline a breakdown of the cost of delivering this project (including VAT).</b>		<b>(12) Do you have additional funding or income from charges which will contribute to this project? If yes, please detail below</b>	
Grow Boxes	3000	Source	£
School sessions <ul style="list-style-type: none"> <li>• Session planning</li> <li>• Session delivery</li> <li>• Volunteer coordination</li> </ul>	2816	CEC Community Benefits	1500
Food for in school sessions	3000		
Logistics and Travel	700		
Equipment	1800		
Social media campaign	2618		
Evaluation	816		
Admin (10%)	1475		
<b>Total Expenditure</b>	<b>£16,225</b>	<b>Total income</b>	<b>1500</b>

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