

Netherthorpe and Upperthorpe GREEN GYM 2002 ORGANIC GARDENING FOR HEALTH

Growing and eating Organic food is good for you.
S.O.F.I. invites you to experience the health benefits.

Come and visit our local allotment gardens.

Learn all about growing organic food
with a friendly group of local people.

Telephone: 2686727 /

Volunteer expenses for transport and childcare available.



SHEFFIELD ORGANIC FOOD INITIATIVE

a charitable trust set up to promote Organic growing for Education,
Health and the Alleviation of Poverty. (Charity Number: 1076110)

what activity better links two critical issues for preventative health
than the improvements to diet and exercise provided by organic
allotmenting