



## ABOUT GIY:

With food prices going up and up and increasing concerns about the quality of our foods, there is unprecedented interest in producing organic home grown food. We believe that growing your own food connects you to your community, makes sound economic sense, is good for physical and mental health and is a better choice for the environment.

## GIY ETHOS

- We are a not for profit organisation.
- Our meetings are free of charge (where possible) and open to all.
- GIY meetings are held in public, accessible locations.
- Our focus is on growing things that you can eat - we are not interested in titles and committees.
- Local GIY groups are happy to share information, tips and expertise with other groups.
- We rely on the enthusiasm, passion and sense of civic responsibility of our local groups to continue to provide our services.

## OUR MISSION

To encourage people from all walks of life and of all ages to grow their own food and to provide them with the support and practical skills to do so successfully.



**GROW  
FOOD  
GROW  
YOUR  
COMMUNITY**



## Contact us

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## GIY AIMS

GIY aims to create not just another gardening club, but the opportunity for gaining insights, learning valuable lessons and community building through the grow it yourself experience.

## GIY GOALS

At a local level our goals are to establish GIY (Grow It Yourself) groups throughout Australia. Each of these groups will recreate the backyard growing camaraderie that can network our communities - both locally and Nationally.



## GIY BENEFITS

- Better results from your growing.
- Increased expertise and knowledge.
- Physical and mental wellness can be enhanced through the positive impact of:
  - ➔ physical activity associated with vegetable growing;
  - ➔ social interaction associated with GIY groups and meetings.
- Having access to a plentiful supply of home grown produce encourages a healthier, more balanced diet.
- Save money on your grocery bill.
- Control over what goes into your food.

## GIY WHY JOIN



- Because you want to be part of something positive and good for you.
- You want to produce your own food, but are not sure where to start.
- You are already growing your own food, but want to learn more, get better results, learn from other GIYers and share your knowledge.
- You're concerned about food security, rising food costs or the impact traditional agriculture is having on our food systems.
- You want to be empowered to grow your own food!

## CHINESE PROVERB

"If you want to eat for a year, plant a tree; five years, plant a garden; fifty years, educate the people."