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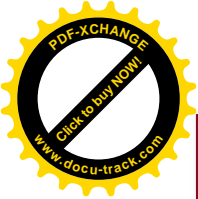


# Mary Mc Keown Community Dietitian

23<sup>rd</sup> March 2006

dig it and eat it!





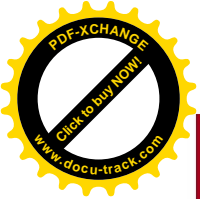
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# DIG IT AND EAT IT



- The Dig it and Eat it project is designed to involve people in identifying healthier eating and diet practices and growing their own fruit and vegetables.
- Combining a healthy diet with physical activity as the key for well-being and fitness.



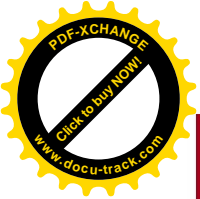


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# Four Community Gardens



- (1) Ardmonagh family Centre,  
Turf lodge
- (2) Ards New Horizons,  
Newtownards
- (3) St. Colmcille's Nursery and  
Primary School, Downpatrick
- (4) Salvation Army, Cregagh



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# What we offer



- Training by a Conservation Volunteers Green Gym Project officer on how to grow your own vegetables, fruit and herbs.
- Nutritional education by a Community dietitian from the Eastern Health and Social Services Board.

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# Ardmonagh Family Centre

NORTH & WEST  
**BELFAST**  
HEALTH & SOCIAL SERVICES TRUST

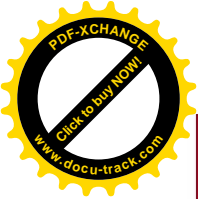
- Have developed a fruit and vegetable garden in a built up urban area of North and West Belfast.
- A variety of fruit and vegetables have been grown and harvested.



# A Great way to exercise

- An hour of digging burns nearly almost twice as many calories as an hour spent on an exercise bike.



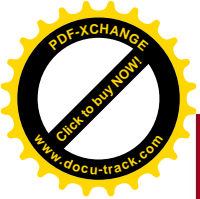


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# Which would you choose?

NORTH & WEST  
**BELFAST**  
HEALTH & SOCIAL SERVICES TRUST

Running	8.6 kcal/min
Digging	8.1 kcal/min
Tree planting	6.8 kcal/min
Aerobics	6.4 kcal/min
Walking	5.4 kcal/min
Weeding	4.8 kcal/min
Cycling	4.2 kcal/min
Raking	3.8 kcal/min

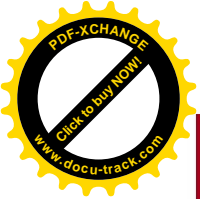


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# Practice Healthy eating



- Nutrition sessions are tailored to meet the needs of each community gardening group.
- They include Healthy eating advice, promoting a balanced diet and increased fruit and vegetables, healthy heart foods, weight management , weight checks, fruit and vegetable tasting and recipe ideas.

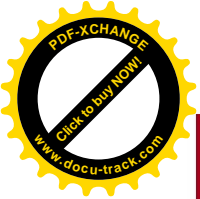


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# Comments

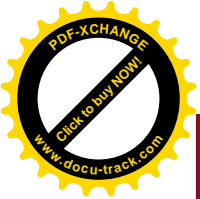


- “I absolutely love gardening , but I never had the opportunity before, I was always stuck indoors. This is a great way to get outdoors, do something I enjoy and make new friends in the process.”
- I eat a lot more healthily now. More importantly, my young family do too.



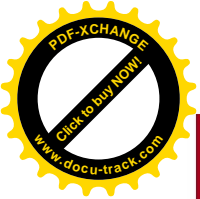
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- “My granddaughter was hyperactive, but as I began to introduce more fresh produce into her diet she has really calmed down.”
- “We have a dietitian here who weighs us each week. It’s definitely an incentive when you see the pounds come off ! And thanks to the healthy recipes we are provided with, everyone is getting lighter by the week.”



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- “I’m coming home from the Green Gym with fresh vegetables all the time – tomatoes, scallions, carrots, parsnips, even rainbow chard. Some of these vegetables my kids had never seen before, let alone eaten. But now my kids are very interested in eating healthily and getting plenty of fruit and vegetables.”



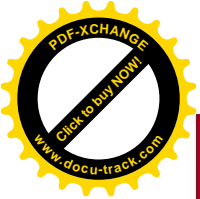
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- “I’m eating so much more fruit and vegetables now than I ever did.”
- “ We also grow herbs and are provided with recipes on how to use them. It really encourages you to cook proper meals, rather than relying on convenience food.”

# St. Colmcille's, Downpatrick

- Food diaries highlighted very poor intake of fruit/veg.
- 10% No fruit/veg.
- 60% 1-2 portions only
- Now pupils are bringing several pieces of fruit into school for breaks.
- Water bottles
- Breakfast club.

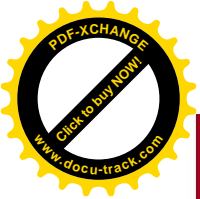




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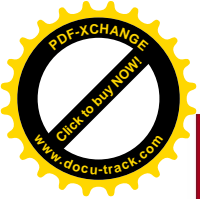
# Summary

- Participants will have 3 years of knowledge and awareness in horticulture, nutrition and diet
- Improved activity levels –  
Gardening and walking groups
- Knowledge will benefit wider family circle.



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- Improved social interactions in the community
- Health promotion and disease prevention – weight management
- New practical skills are developed – gardening, woodwork, cooking, and artistic skills

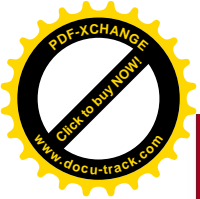


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# Conclusions and future plans



- Funding required to sustain project in the future
- Enable rolling out of the project and uptake by more community groups within the Trust
- Empowering participants to carry the project forward with assistance



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# Conclusions and future plans



- End date February 2007
- Meeting to be arranged to ascertain training needs
- Condensed project (March-Sept)
- Plan support network
- Recruitment of new groups