

Growing Health



Want to learn how to cook and grow healthy food? Improve your fitness and stamina? Lose weight? Get out and meet new people?

Growing Health is a healthy living project for adults with learning disabilities, on weekday mornings at the Triangle Community Garden's Pavilion, off Alexandra Road, Hitchin SG5 1RB. Each session ends with a healthy lunch. Please contact Project Manager Liz McElroy on 07887 725 962 or via liz@trianglegarden.org for more details or visit

Recent Outcomes

- 5 participants have lost a total of 57lbs, 2 gained 14lbs in total.
- One person has been **taken off medication for diabetes**.
- Participants report **buying different foods** including kale which they had not liked before.
- Participants report being **more adventurous** and have tried new foods such as couscous, and kale.
- Participants report **healthier eating habits** ie snacking on celery and hummus rather than biscuits, and buying more fruit and veg.

www.trianglegarden.org/growing-health

Growing Health at the Triangle Garden: focusing on the abilities and development needs of each individual