

## Time to start growing your own food?

Increasing oil costs will soon affect shop prices!



Help establish Community Vegetable Gardens.
Do you have an unused vegetable garden? Maybe we can find someone to use it.
Support local producers of fruit, vegetables, & eggs.

> Visit <u>www.Food4Macc.org</u> , call 07824 860 566 for details, or come and meet us:-7.30 every 2<sup>nd</sup> Thursday of the month.



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