



# WOW

*Workplace & Organization Wellness*

**Growing your own foods can provide exercise, fresh air as well as fresh produce, that can be grown without pesticides and save money.**

- **Not much space? Container gardening is an effective solution. If it can hold soil it can be part of your garden.**
- **Start a window sill herb garden.**
- **Grow herbs and vegetables in pots, old hats, shoes, jeans or bags.**
- **Include vine fruits and vegetables which require less space (passion fruit, spinach, christophene).**
- **Plant seeds saved from store bought vegetables.**
- **Invest in fruit trees, for great long term rewards.**
- **Freeze surplus vegetables and fruits for future use, or share with family and friends.**

**THE NATIONAL NUTRITION CENTRE  
MINISTRY OF HEALTH AND WELLNESS**

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