

# MENTAL HEALTH AWARENESS WEEK



## TUESDAY: GROW OR PICK FOOD

### Create a food garden

Plant salad leaves, herbs or vegetables in your garden.



### Pick some fruits

look for local farms that let you pick fruit to buy. You can also visit outside markets to buy fresh products.



### Grow food together with others

If you don't have the space, grow a food garden together with a friend or colleague.



### Learn about gardening

Go outside and read a book on gardening while also enjoying the sun and outside space.

