

## Smith says...

Grow your own\*\* "I want everyone to eat healthily and sustainably. Help spread my message by encouraging people to grow some of their own food and eating plenty of fruit and vegetables."

Recipe video\*\*

Foraged food stall\*

**Plastic bottle** greenhouse\* Dig for victory

Gardening club

Get sharing

## You choose

We've flagged activities which we think are most suitable for older group members (10+) with a \* and those for all ages with \*\* but it's really up to you!



Simply complete five activities from a theme, including at least one from each stage - get informed, get involved, get sharing - and your group members will each earn a badge.

If you complete three or more themes then your group members will also each receive a special Green Ambassadors 4 Youth VIP badge.





Who to talk to

What to say



How to say it

Let us know!