The simplest way
...to create a vegie garden at home

This spring all you need to start growing your own vegetable garden is a foam box!

Foam boxes are light and easy for you and your kids to manage.

**Step One:** Cut six drainage holes in the bottom of the foam box.

**Step Two:** Elevate foam box by placing it on some old bricks and fill with potting mix.

**Step Three:** Plant seedlings or seeds, making sure not to over plant (aim to plant around 4-6 seedlings per box).

**Step Four:** Water and care for your seedlings daily.

Try planting tomato, pumpkin and zucchini seedlings this spring...and watch your kids enjoy eating the results!

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](http://facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.