

# Join us for our EATS supper

**Wednesday 21st January 2014,**

**6:30pm -8:30pm**

**St Margarets Church Hall, 228 Woodside Rd,  
Glenrothes, Fife KY7 5HD**

We will toast all the volunteers who have worked with us.

- We will have a supper of two courses of eats.
- We will speak about the EATS project, how it benefits communities across Fife and how easy it is to set an EATS up.
- We will talk about our plans for the future and how we can help your organisation and you can help us.



Tatties being harvested by the public for free at Peebles St EATS, Kirkcaldy



**FREE EVENT**

**Booking is essential, for catering**

**Booking deadline 14th January 2015**

Contact

Kevin O'Kane

[Kevin.okane@fife.gov.uk](mailto:Kevin.okane@fife.gov.uk)

07985707141

EATS online

<http://fifeeats.wordpress.com/>

<https://twitter.com/fifeeats.com>



SAMH volunteers harvesting vegetables from an EATS

## What is an EATS?

EATS are spaces where vegetables, fruit, herbs and flowers are grown for the public to harvest for free. EATS are unfenced and easily seen by the public. The public are encouraged to pick the produce when it is ready to eat. EATS need to be promoted so that the public know when to pick and what to eat. Education in planting and cooking of vegetables is key.

## Our partners

Scottish Association for Mental Health were the first organisation to support EATS. SAMH have maintained EATS in Kirkcaldy. A SAMH employee set up an EATS inspired bed in Newburgh, Fife, which has won a horticulture awards in Beautiful Scotland 2013. We work with a range of organisations.



## Benefits of creating EATS?

### Educational

Showing the public in a public way how to grow food plants and encouraging them to cook with the produce.

### Attractive

EATS are a great way to make your town attractive. EATS has contributed to Kirkcaldy and Newburgh gaining awards in Beautiful Scotland.

### Transformational

Planting an EATS in a public space can help to empower people, to change their lives and their communities. SAMH volunteers really valued maintaining EATS.

### Sustainable

Creating EATS helps to deliver many Government and Council policies, such as climate change, biodiversity, poverty, health.

## Supporting EATS

EATS is a new organisation. We want to see EATS in every community. We are keen to work with businesses, communities, charities, government and councils to create and fund EATS.

We are very keen to hear from anyone interested in creating, adopting, helping EATS.

Webpage <http://fifeats.wordpress.com/>

Twitter - <https://twitter.com/fifeats>

## To support, adopt or create an EATS

Contact:

[eatscoordinator@gmail.com](mailto:eatscoordinator@gmail.com)