

Hi,

I'm a 2nd year PhD student at the University of Sheffield, supervised by Dr Jill Edmondson. My work focuses on the health and wellbeing benefits of urban horticulture.

We are launching a study across England to investigate the seasonal impact of food growing participation on the diet of allotment growers. This study is following on from the work of the MYHarvest project, and will assess how diet (particularly fruit and vegetable intake) varies by season for food growers, and the impacts on nutrition. This study will help to feed into a larger body of work on the co-benefits (health, wellbeing, social benefits) of urban horticulture, and the potential of urban food growing to be used to improve public health.

Participants would be asked to fill out an online food diary for 72-hours (three days) every month, for 12-months. This diary would be a list of everything the participant eats and drinks on each of the three days, and would be completed on the software myfood24. Participants would also be asked to fill in a short survey about their allotment and general access to food at the time of each monthly recall.

I have included a link to the online registration survey and the advertisement poster if you would be happy to circulate it among your members? https://shef.qualtrics.com/jfe/form/SV_0GmMHR3w6YKK6bk

If you have any questions, I'm really happy to chat more about the project, by email or by phone, if that's easier.

Best wishes,
Bethany

Bethany Leake
PhD Student, School of Biosciences, University of Sheffield
Co-benefits of Urban Horticulture



Allotment holders needed for a study on the impact of food growing on diet



Who are we looking for?

You would be eligible for the study if you:

- ✓ **Are an allotment holder in England**
- ✓ Are over 18 years old
- ✓ Are fluent in English
- ✓ Have no history of an eating disorder
- ✓ Do not currently have any medical conditions or take any medications that affect your appetite/ food intake.
- ✓ Have access to the internet



What does the project involve?

The project would involve keeping a record of everything you eat and drink over 3-day "recall" periods using the software myfood24.

There would be twelve 3-day recall periods in total over 12 months (one per month). You would also be asked to complete a short wellbeing survey at the time of each recall.

For each recall you would be entered into a prize draw to win a £50 love to shop voucher.

Why are we interested?

We are interested in understanding more about the impact of food growing participation on diet, to do this we need to get a picture of the diets of individuals who grow food.

This project is also an opportunity to better understand the diets of residents in England and current levels of food security and insecurity across the country.

If you are interested in participating in this project, please contact:

Urban Harvest by email at:

urbanharvest@sheffield.ac.uk

Or scan the QR Code to register



The
University
Of
Sheffield.



Grantham
Centre
for Sustainable Futures



Allotment holders needed for a study on the impact of food growing on diet



Who are we looking for?

You would be eligible for the study if you:

- ✓ **Are an allotment holder in England**
- ✓ Are over 18 years old
- ✓ Are fluent in English
- ✓ Have no history of an eating disorder
- ✓ Do not currently have any medical conditions or take any medications that affect your appetite/ food intake.
- ✓ Have access to the internet



What does the project involve?

The project would involve keeping a record of everything you eat and drink over 3-day "recall" periods using the software myfood24.

There would be twelve 3-day recall periods in total over 12 months (one per month). You would also be asked to complete a short wellbeing survey at the time of each recall.

For each recall you would be entered into a prize draw to win a £50 love to shop voucher.

Why are we interested?

We are interested in understanding more about the impact of food growing participation on diet, to do this we need to get a picture of the diets of individuals who grow food.

This project is also an opportunity to better understand the diets of residents in England and current levels of food security and insecurity across the country.

If you are interested in participating in this project, please contact:

Urban Harvest by email at:

urbanharvest@sheffield.ac.uk

Or scan the QR Code to register



The
University
Of
Sheffield.



Grantham
Centre
for Sustainable Futures