



Allotment holders, we need your help!



Has your vegetable plot helped you get through the covid-19 pandemic? Would you like to find out just how self-sufficient you actually are?

Please help the MYHarvest research team at the University of Sheffield understand the contribution of allotments to food security during difficult times!

We are looking for volunteers to take part in a project investigating the self-sufficiency of own-growers. Participants will receive a free year-long diary to record the weight of fruits and vegetables they harvest or buy in the shop each week, so that we can find out:

- How much of the fruit and veg you eat you grow yourself
- What kinds of produce allotment holders still rely on shops for
- Whether allotment holders eat more fruit and veg than the average UK citizen

If you are interested in taking part, or have any questions about the project, please email myharvest@sheffield.ac.uk

