

Share your story!

Chicago Grows Food is a large community of who are continuously learning how to grow their own food. We'd love to hear your story!

On Social Media

Take a photo of your Grow Kit! If you feel comfortable doing so, feel free to include yourself, a friend, or family member in the photo. Then, post your photo on Instagram and add: **#ChicagoGrowsFood** to your post. You can also share a story, recipe, reflection, or something else in your caption!

Via Email

If you don't have Instagram, or only have a private account, you can send us an email with a photo of your Grow Kit, the neighborhood where you live, and a few sentences sharing your experience. We will post your submission on our Instagram account and feature it on our website, ChicagoGrowsFood.org! Please email submissions to: [**chicagogrowsfood@gmail.com**](mailto:chicagogrowsfood@gmail.com)

Beyond the Grow Kit

A fabric grow bag is just *one* way to grow your own food.



We've covered the basics of growing food in this booklet. If you'd like to learn more, go to our website at [**bit.ly/3tMZaun**](http://bit.ly/3tMZaun) or by scanning the QR code.

