



Here're 8 points people brought up, when we asked them "What could happen if we grew our own food?"

1. Supporting local & regional ecosystems
 - a. Increase consumption of local produce
 - b. Greater quantities of fresh produce available
 - c. More food banks to cut food waste
2. Growth of a tight-knit network between growers and buyers
 - a. Consumers able to meet local farmers and understand the source of their food
3. Renewal of cuisine and local culture
 - a. Creation of new dishes using local ingredients
 - b. Pride in local food
 - c. Local food as a premium cuisine which people place value on, and pay more for
 - d. Interest will lead to 'conservation' of hawker centres
4. A future of food systems made part of formal and informal education, for children and adults
 - a. Youths and children educated about food processes in school
 - i. Youths engaged in the food system and related industries
 - b. Food systems as education for the general public
 - i. Inform consumers and change mindsets about farm-to-fork relationship
5. Proliferation of community gardens today
 - a. Gardens can be utilised by all; serves as an area to engage children, youth and elderly
 - b. Interest spurs hope and more interest
6. Gardening & Health
 - a. as treatment/therapy to better mental and physical health; relieve biophilia, stress and depression
7. Technology's role in improving methods of farming
 - a. Indoor farm algae, Rooftop Gardens, Green Roofs, Hydroponics
8. Labour
 - a. Farming can be an alternative source of employment for elderly
 - b. Solution to cultural prejudice against manual labour