

# Regrow Food Scraps

There are many common foods that you can re-grow from scraps. When cutting vegetables, you can use the leftover pieces to sprout ready-to-eat fresh produce!

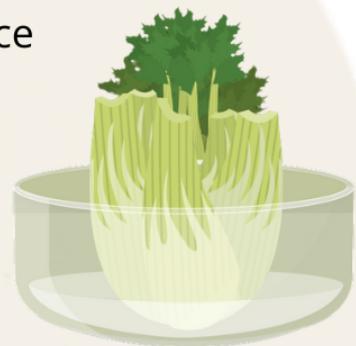
Examples of easy to re-grow veggies include celery, lettuce, potato, onion and carrot.

## Why should you re-grow vegetables?

- Reduces food waste and packaging
- Saves money on buying fresh produce
- Easy for beginner growers
- Fun activity to involve kids

## Basic rules:

- Change the water daily to avoid slime
- Keep plants in bright indirect sunlight
- When moving plants outside, keep in a shadier spot and then gradually move to a sunnier spot
- Keep the soil slightly damp, not wet



For more growing resources, head to:  
[www.foodfromhome.org/resources/](http://www.foodfromhome.org/resources/)