



### **THE ONE SHOW - Allotments**

The one show featured allotments in February 2011, in response to our community campaign to stop excessive council rent increases.

- Councils should be actively widening and encouraging the use of allotments.
- In an age where people are increasingly concerned about the quality of their diets, obesity and climate change, allotments offer the ability to provide healthy food.
- Allotments benefit the members' physical and mental health and allow children to learn about their food.
- Allotments foster a sense of community among diverse nationalities and income groups.