



## THE URBAN GARDENS PROJECT

Hellmann's is offering Canadians the opportunity to "Get for Real" this summer by inviting them to apply for their own plot in one of the urban gardens that will be planted this spring, and existing community gardens will receive assistance through the Hellmann's Urban Gardens Fund. Individuals and community groups will have a chance to add nutritional, wholesome foods to their diets by growing their own fresh fruits and vegetables in free garden plots provided by Hellmann's. Apply for your chance to win a plot beginning April 9, 2007 until May 9, 2007. Hellmann's will review the applications and select the gardeners in mid-May. Plots will be available from late May until early September 2007.

WE'RE PLEASED  
TO ANNOUNCE  
THE START OF  
SOMETHING REAL  
GOOD.

Hellmann's is forming an extraordinary food source with growing produce from our vegetable gardens. Why Hellmann's? Because Hellmann's is a perfect companion for everything real. Made with eggs, made all and always. It's a good idea and Omega-3 and Vitamin E rich.

For your chance to win a plot to use either urban garden assistance visit the link below.

[APPLY FOR A GARDEN PLOT](#) 

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