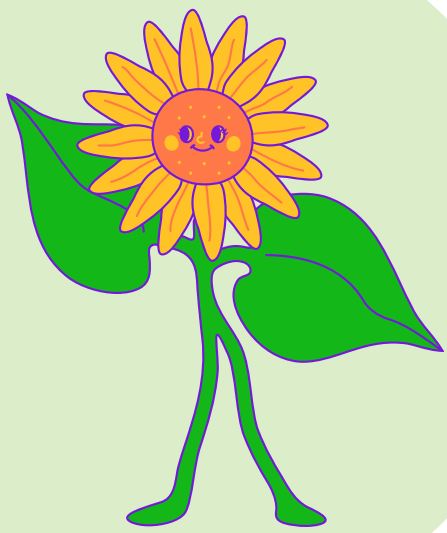


BENEFITS OF COMMUNITY GARDENS



PHYSICAL

- Increases physical activity
- Increases fruit & vegetable consumption
- Increases green space recreation
- Improves mental health
- Fresh local food can be tastier

SOCIAL

- Community building
- Builds community resiliency
- Provides space for community events & family gatherings
- Helps social integration for immigrants & seniors



ECONOMIC

- Helps alleviate food insecurity
- Supplies surplus food for food banks or shelters
- Home values increased
- Saves food dollars



ENVIRONMENTAL

- Absorbs carbon with more green vegetation
- Uses less water than a lawn per square foot
- Supports pollinator insect populations
- Provides outdoor & nature education

