

Growing a Healthier Community



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WHAT IF....we could give people the opportunity to try various fruits or vegetables they wouldn't normally have access to?

WHAT IF.....those who did not have access to a yard could still have a garden?

WHAT IF.....home-grown knowledge and healthy eating habits could be taught to children by having them grow their own food?

WHAT IF.....barriers between individuals could be broken down by spending time outside working on a project together?

WHAT IF.....we could give people something to do other than playing on their phones?

WHAT IF.....we could create a beautiful environment that could help promote healthy eating habits while bringing individuals together?



Ivy Tech North

Fort Wayne, Indiana

Benefits to community gardens

- Increased sense of community among members
- Helps develop healthier eating habits
- Reduces stress and promotes relaxation
- Reducing carbon footprint and food waste
- Youth education



Frazer Community Garden

Portland, Oregon



Charlotte, North Carolina



Daybreak Community Garden

South Jordan, Utah

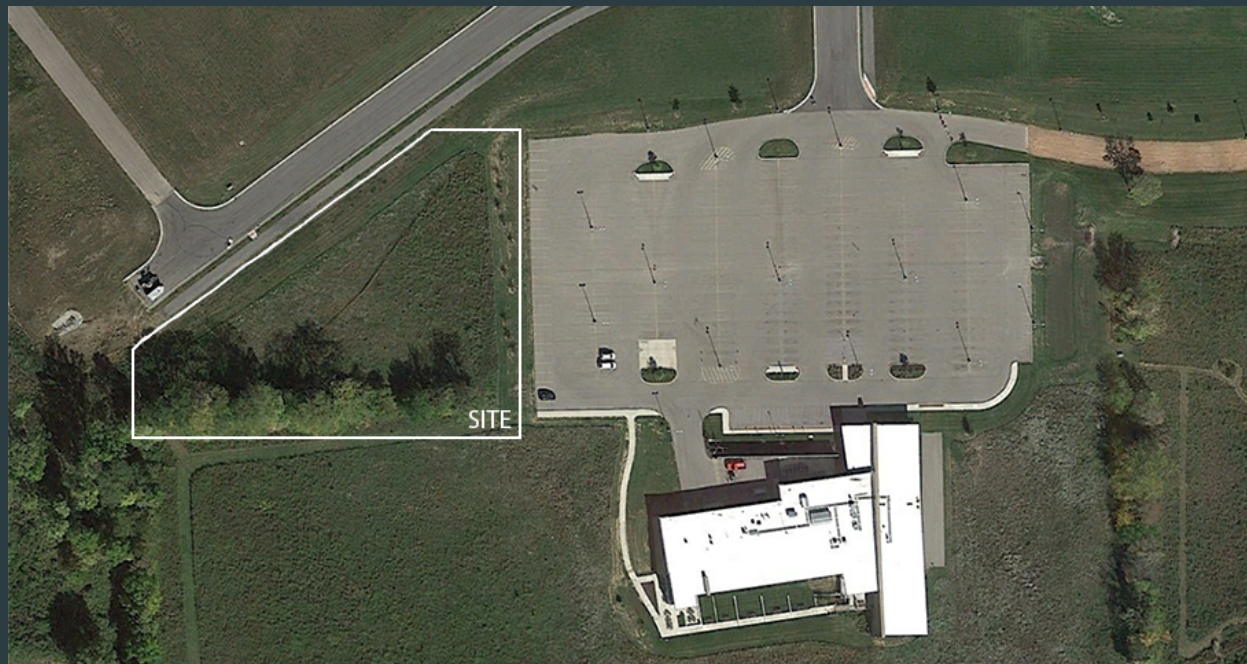
Statistics on the effects of participating in community garden programs:

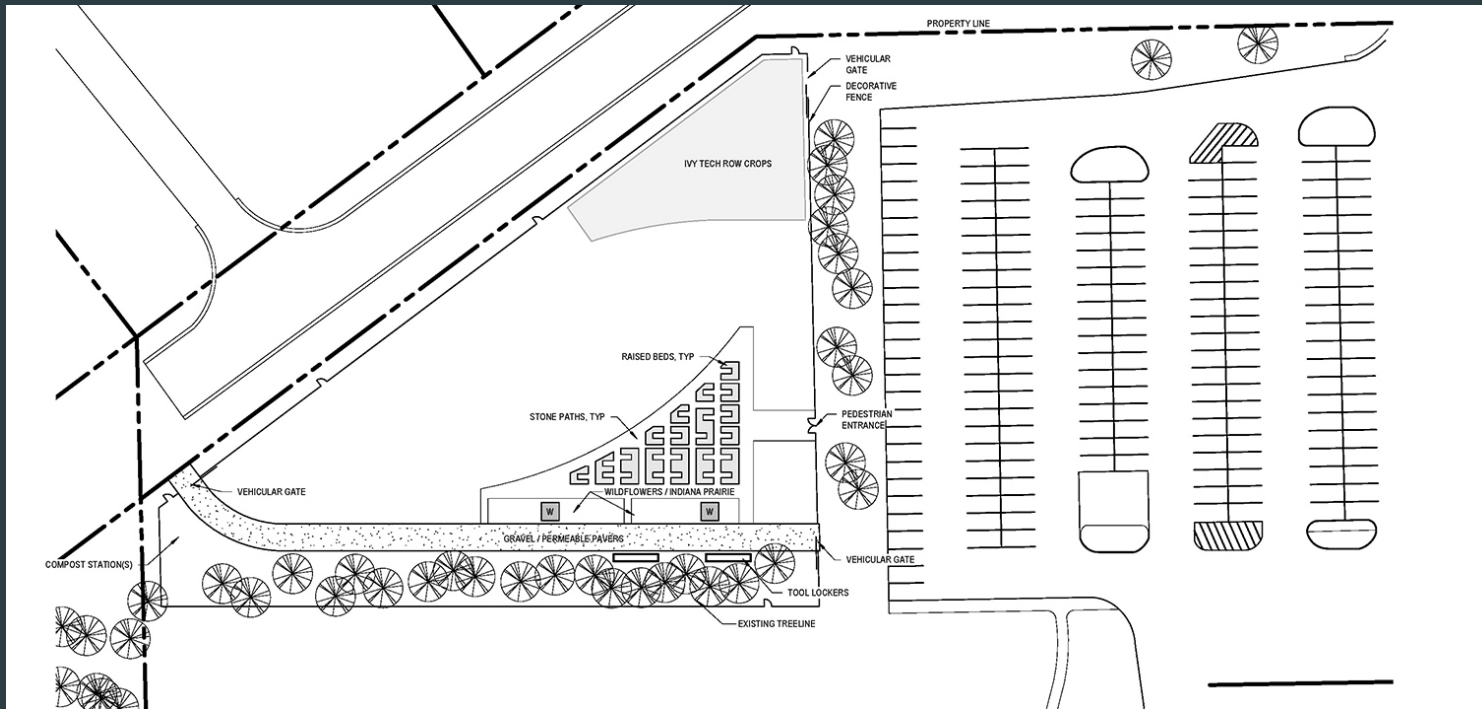
- ❑ 17% of obese or overweight children improved their body mass index over seven weeks - 13% of the obese children achieved a lower bmi, while 23% of overweight children achieved a normal bmi
- ❑ Community gardeners in Utah had a lower body mass index than their non-gardening siblings and unrelated neighbors
- ❑ Average increase in availability of 2.55 fruits and 4.3 vegetables with participation in community gardens
- ❑ Children in participating households consumed an average of two additional servings per week of fruits and 4.9 servings per week of vegetables.

Action plan

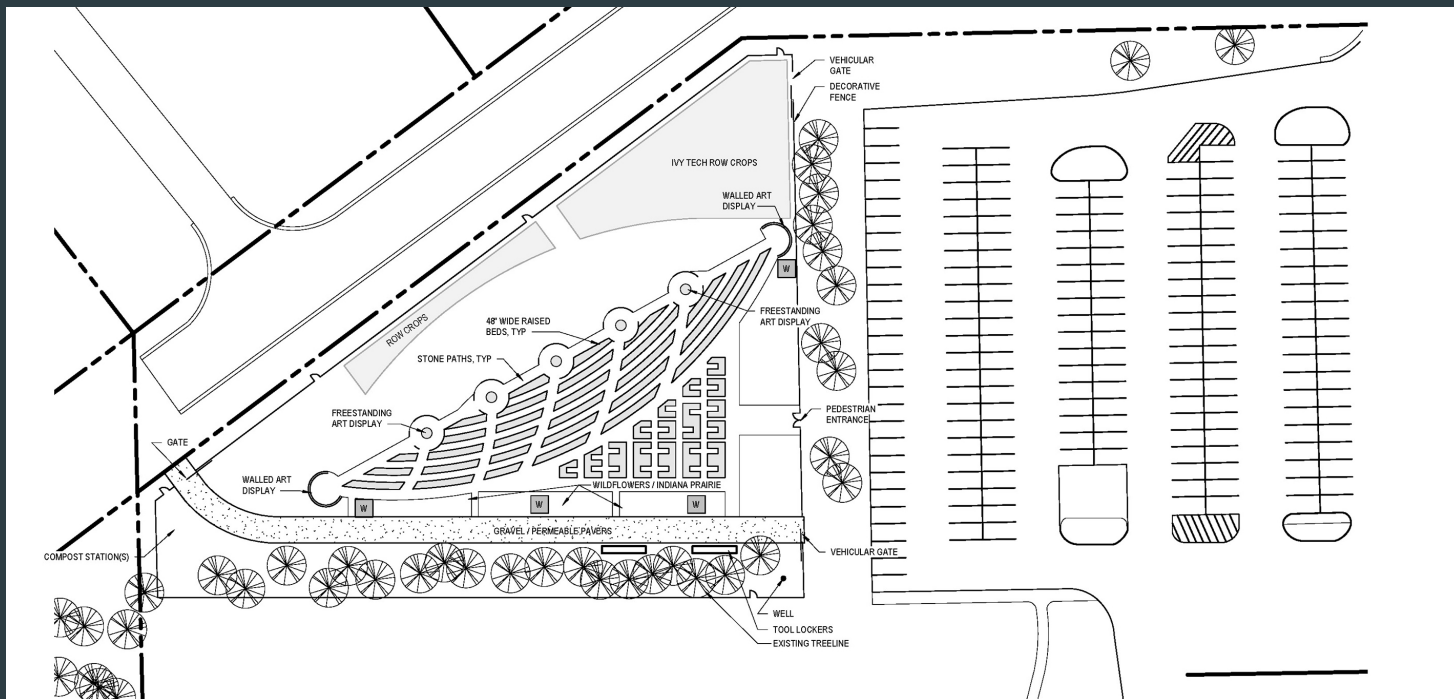
- ▶ Determine the need and interest of the community
- ▶ Create planning committee and board / identify community partners
- ▶ Determine rental fees (Between \$10-\$25 per year)
- ▶ Prepare/develop site
- ▶ Sign up renters, set communication plan, determine volunteer duties

Location of future community garden

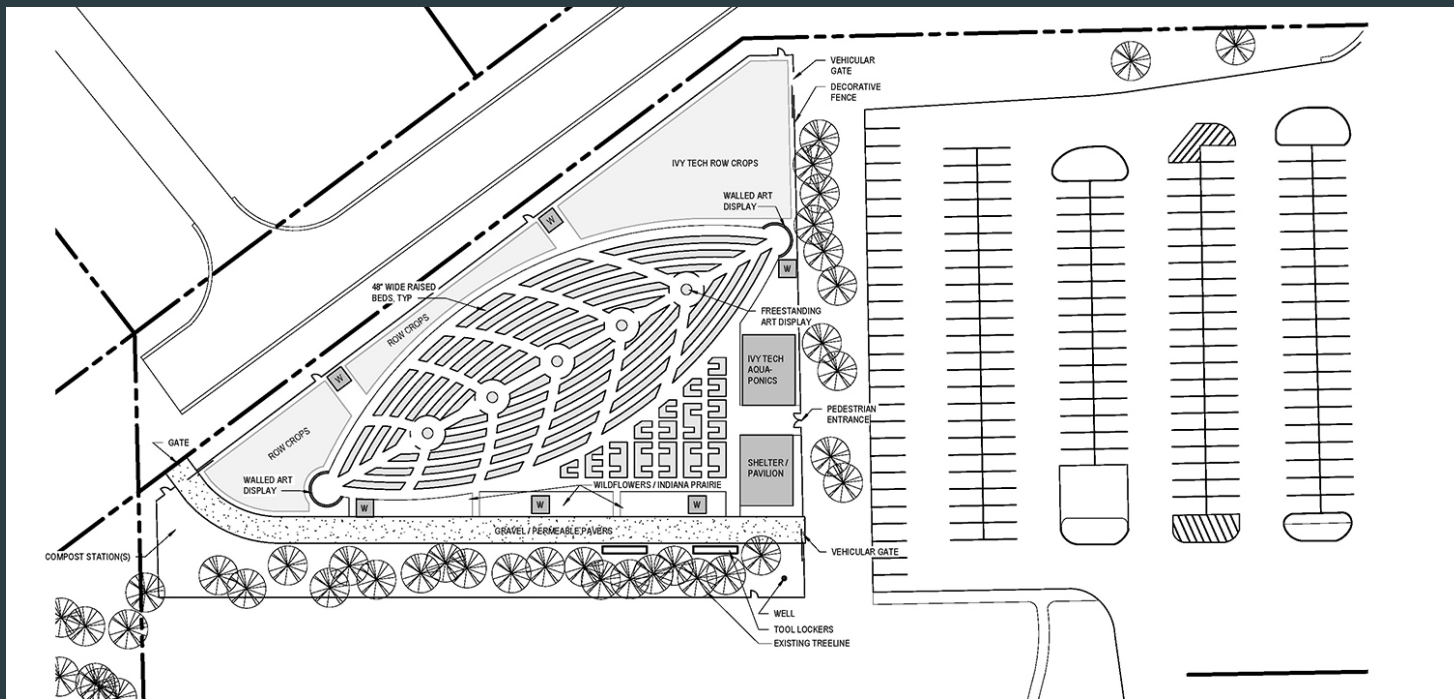




Phase 1



Phase 2



Phase 3

Conclusion

- ▶ Healthier Community
- ▶ Benefit people
- ▶ Socialization

- ▶ Thank you