

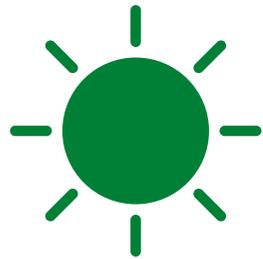
The Many Benefits of COMMUNITY GARDENS

↓ CO₂ EMISSIONS



Community gardens offer fresh produce which reduces "food miles" that are required to transport nutritious food.

ENVIRONMENT



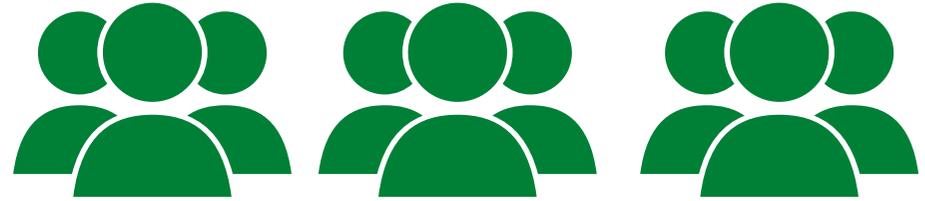
Gardens help to restore oxygen to the air and reduce air pollution.

EDUCATION



Community gardens offer educational spaces for children and for people of all ages and origins, providing a place for hands on learning about the connection between humans and the environment.

COMMUNITY



- Community gardens have been recognized by police as an effective crime prevention strategy by eliminating barren areas where crime is most likely to take place.
- Community gardens increase the property value of buildings within walking distance.
- A community garden promotes social interaction and educates communities on the importance of the environment.
- Community gardens promote healthy eating and living by offering fresh foods at your finger tips.

WELL BEING



Exposure to eco spaces reduces stress as soil releases a natural anti depressant. A few minutes of gardening each day can help with overall mental wellness.