

Community Garden Benefits

- **Health gains:** support healthier lifestyles including decreased stress and improved nutrition, physical fitness and sense of wellbeing.
- **Education:** serve as an opportunity for gardeners to learn practical job skills, life skills, and experience stewardship/environmental responsibility.
- **Economic:** can be a nutritional food source for families to save money.
- **Environmental:** filter rainwater, helping to keep lakes, rivers and groundwater clean.
- **Cultural:** can expose new generations to cultural traditions, promote intergenerational learning, and provide the opportunity for people of diverse ethnic backgrounds to work together on a common goal.
- **Community building:** fosters community awareness and engagement.
- **Youth engagement:** provide opportunities for youth to gain appreciation of the natural world and to learn how to interact with others in a socially meaningful and physically productive way.
- **Crime prevention:** increase eyes on the streets, provide opportunities to meet neighbors, increase sense of ownership, and give youth a safe place to interact with peers.
- **Urban improvements:** can provide needed green space to promote awareness of natural environments in an urban setting.
- **Strengthened governance:** provide an opportunity to improve communication and cooperation between government and citizens.