

COMMUNITY GARDENS MATTER FOR HEALTH

Community gardens are shared spaces where people can grow food. They help promote food security and healthy eating for people in the community by increasing physical and economic access to healthy food. Community gardens become meeting places and help build social connections.



Healthy food needs to be made available to all and the opportunity to grow it would help all who are having difficulty making ends meet.

Mary, Belleville

My girls love to help in the garden but with a small yard we don't have much room. If we could rent a garden space they could learn an important skill while providing safe, healthy, affordable food for our family.

Beth, Quinte West

We had one for a few years, but it got shut down because the place where we had it didn't want to be liable if someone got hurt.

Henry, Bancroft

Community gardens help our friends, neighbours and residents to connect on various levels.

Michelle, Prince Edward County

81% of residents support building more community gardens.

To request this document in an alternate format, call 613-966-5500; TTY: 711 or visit www.hpepublichealth.ca.



/HPEPublicHealth

www.hpepublichealth.ca



HASTINGS PRINCE EDWARD
Public Health