

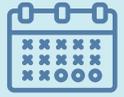
# Community Gardens

**119** people who use community gardens were surveyed and provided self-reported data

**60%** spend an hour or less at their garden

**82%** visit their garden 3 times a week or less

**75%** report that it takes 10 minutes or less to get to their garden



## NUTRITIONAL

**7 in 10** eat less fast food or less processed food



**91%** eat more fruits and vegetables

## MENTAL

**95%** feel happier or are less stressed



## ECONOMICAL

**3/4** spend less money on food



## SOCIAL

**94%** interact with others while gardening



## COMMUNITY

**91%** feel more connected to their local community



## BENEFITS

## PHYSICAL

**1 in 2** bike or walk to their community garden



**87%** feel stronger physically