Community Gardens

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

**BENEFITS**

- **MENTAL**: 95% feel happier or are less stressed
- **SOCIAL**: 94% interact with others while gardening
- **PHYSICAL**: 87% feel stronger physically
- **ECONOMICAL**: 3/4 spend less money on food
- **COMMUNITY**: 91% feel more connected to their local community

**NUTRITIONAL**

- 7 in 10 eat less fast food or less processed food
- 91% eat more fruits and vegetables

**ECONOMICAL**

- 3/4 spend less money on food

**PHYSICAL**

- 1 in 2 bike or walk to their community garden

**COMMUNITY**

- 91% feel more connected to their local community

- 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

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