

Community Garden Toolkit



This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 1-530-225-5767. For important nutrition information visit www.cachampionsforchange.net.

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Table of Contents



1

Preface -
About Your Toolkit
Acknowledgements



2

How to Organize a
Community Garden



3

Basic Steps to Starting
a Garden



4

Gardening Tips



5

Local Garden Stories
and Guidelines



6

How to Find and Request
Donated Materials



7

Nutrition Information
and Recipes



8

Resources

Preface, About Your Toolkit, Acknowledgements



- Preface
- About Your Toolkit
- Acknowledgements



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Preface



To help encourage healthy eating and increased physical activity, Shasta County Public Health produced this Garden Toolkit through support from the *Network for a Healthy California* and the United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (formerly the Food Stamp Program).

The purpose of the Garden Toolkit is to encourage the development of community gardens and to increase the consumption of fruits and vegetables among food stamp eligible Shasta County residents. This toolkit supports a number of local, state, and national initiatives:

Champions for Change, *Network for a Healthy California*:

A program to create innovative partnerships to enable low-income Californians to adopt healthy eating and physical activity patterns as part of a healthy lifestyle. For more information, please visit www.cachampionsforchange.net.

Fruit and Veggies-More Matters:

A nationwide initiative from the Produce for Better Health Foundation and the Centers for Disease Control and Prevention (CDC) to promote the consumption of fruits and vegetables. Eating more fruits and vegetables promotes better health and reduces the risk of many cancers, high blood pressure, heart disease, diabetes, stroke, and other chronic diseases. Incorporating produce from the garden into meals and snacks are wonderful ways to increase the amount and variety of fruits and vegetables eaten each day. For more information about Fruits and Veggies-More Matters, please visit www.fruitsandveggiesmorematters.org.

Healthy Shasta:

A local partnership dedicated to increasing physical activity and healthy eating among families in Shasta County. For more information, please visit www.healthyshasta.org or call 530-229-8243.

Shasta Coalition for Activity and Nutrition (Shasta CAN):

A coalition that encourages healthful eating and increased physical activity as a means of reducing obesity in Shasta County. A 2006 Healthy Kids Survey showed that 27% of Shasta County adolescents ages 11-19 are overweight and obese, and a 2007 Community Health Survey showed that 66% of Shasta County adults are overweight and obese. For more information, please call 530-224-4355.

Shasta Food Group:

A non-profit organization formed in 1996 to help those within Shasta County with food insecurity and/or hunger. Shasta Food Group helps to improve access and promote nutrition education for food-stamp eligible families in our community. More than 95,000 persons (about 52% of our population) are touched by food insecurity and/or hunger in Shasta County every year. The group consists of local food banks, food assistance providers, community members, health educators, and faith-based organizations. For more information, please call 530-229-8481.

The California Children's Power Play! Campaign:

A public health initiative lead by the California Department of Public Health and administered by the Public Health Institute. It's purpose is to motivate and empower California's 9-11-year-old children to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day. When children participate in gardening activities, they gain first hand experience with fresh fruits and vegetables, and they learn what they should eat for good health through fun, hands-on experiences. For local information, please visit www.scnutrition.org or call 530-345-2483, Ext. 210.

About Your Garden Toolkit



Shasta County Public Health, along with other contributors, brings you this easy-to-use garden toolkit to provide you with a framework for starting a fruit and vegetable garden. The toolkit is designed to show you how to organize a community garden, conduct garden-based nutrition education, and walk you through the basic steps of starting and maintaining a garden. We have also included several examples of successful community gardening projects in Shasta County.

Participating in garden-based nutrition education activities such as hosting a garden potluck using recipes from Section 7, hosting a guest speaker on nutrition from the Food Stamp Nutrition Education Program (see Section 8), or having a favorite garden recipe contest can provide fun, hands-on experiences for learning how to incorporate more fruits and vegetables from the garden into daily meals and snacks.

Gardening is a wonderful way to increase your physical activity while having access to healthy foods such as fruits and vegetables. We hope that you find this toolkit useful and that it encourages you to start a garden and eat healthier.

If you have any questions about using this gardening toolkit, please direct them to:

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