

HEALTHY EATING



**Five Hills
Health Region**

Healthy People – Healthy Communities

Grow A Garden!

Vegetable gardening is one way to increase your vegetable and fruit intake each day. Only 1 in 3 people over the age of 12 in Five Hills Health Region report consuming vegetables and fruit 5 times or more each day (CCHS 2012). This is below Canada's Food Guide recommendations for adult women to eat 7-8 servings per day and men to eat 8-10 servings per day. Eating the recommended intake of vegetables and fruit each day is an important way to get enough vitamins, minerals, and fibre while filling your appetite.

If you have no space for a garden, look for a Community Garden. Participants of community gardens report health benefits such as reduced stress, improved mental well being, and decreased blood pressure. Community gardens can also improve neighborhood safety and reduce crime. If you have space for a garden but cannot maintain it, loan out your useable yard space to a gardener that does not have yard space! Let them turn your yard space into a gardening paradise. Perhaps make a plan to receive freshly grown produce in exchange for your usable yard space.