

# Community Gardens

## *What's in it for the Church?*

The benefits of community gardens have been well documented. Gardening improves physical health, provides fresh food and reduces stress. Doing it together in community provides social interaction, contributes to local food security and creates opportunities for intercultural and intergenerational learning.

**Still not convinced?** Research has shown that **the church itself** will benefit from hosting a community garden in the following ways:

### **BUILDS RELATIONSHIPS**

Churches report that their community garden provides

*opportunities*

for conversations with neighbours and community members.

### **BUILDS HOPE**

Dwindling congregations regained a sense of

*confidence*

from the experience of hosting a community garden.

### **BUILDS TRUST**

Churches with community gardens noticed they gained a

*higher profile*

and made new connections in their community.

### **BUILDS STEWARDSHIP**

The new connections and extended reach encourages members to

*share gifts*

of Time, Treasure, and Talent while tangibly sharing their "Trees" (the church's land).

