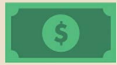


# THE BENEFITS OF WORKSITE GARDENS



## IMPACT ON ENVIRONMENT



## PRICE OF FOOD



## GROWN IN VERMONT



## IMPACT ON HEALTH

Green Thumbs at Work program participants surveyed found these four factors were important to participants when making food choices.

Worksite gardens support all of these priorities and can be an important part of a wellness program.<sup>1</sup>

## FRUITS AND VEGGIES

67%



Less than 2 fruits a day

82%



Less than 3 veggies a day

Over 80% of employed Vermont adults do not eat the recommended amount of fruits and vegetables.

People who participate in some type of community garden are much more likely to consume the recommended five servings a day.<sup>4</sup>

## PHYSICAL ACTIVITY



Almost half of employed Vermont adults do not get enough physical activity (42%).<sup>3</sup>

Regular gardening increases overall levels of activity and can help adults meet the recommended 150 minutes of moderate-intensity aerobic activity per week.<sup>5</sup>

## ENVIRONMENT & LOCAL FOOD

Worksite gardens help provide affordable access to local food and help support a healthy environment.

Local agriculture conserves resources and reduces food waste during transport.<sup>2</sup>



## EMOTIONAL HEALTH



Gardening has been shown to reduce stress and help improve mood. It can also help promote team cohesion and foster a sense of community.<sup>6</sup>

20% of adults in Vermont have been told they have depression or anxiety that interferes with their daily activities, including work, in the past month.<sup>3</sup>

FOR MORE INFO, CONTACT THE WORKSITE WELLNESS COORDINATOR AT (802) 859-5916

1. <http://vcgn.org/green-thumbs-at-work/>  
 2. Multiple Benefits of Community Gardening (2012), Gardening Matters  
 3. 2014 Vermont Behavioral Risk Factor Surveillance System  
 4. Alaimo et. al. (2008) Fruit and Vegetable Intake among urban community gardeners.  
 5. Centers for Disease Control and Prevention, [https://www.cdc.gov/healthyweight/physical\\_activity/](https://www.cdc.gov/healthyweight/physical_activity/)  
 6. Schmutz et. al. (2014) The benefits of gardening and food growing for health and wellbeing.