

# The Health Benefits of Food Gardening

You benefit both physically and emotionally



## Lowers Grocery Bills

Spend less money on groceries while eating more fruits and veggies



## Work Out

Three hours of moderate gardening could equal a one-hour gym session



## Bacteria Friends

Soil contains a natural antidepressant that can make us happier



## Lowers Blood Pressure

30 minutes of moderate physical activity on most days can prevent and control high blood pressure.



## Immunity Booster

Direct exposure to dirt and plants can help boost your immune system



## Increases Vit D Level

Time in the sun prompts your body to produce Vitamin D which supports healthy bones



## Green Diet

Homegrown veggies from healthy organic soil produces nutrient-dense healthier meals than food you buy



## Stress Relief

Gardening can help reduce the level of the stress hormone Cortisol



## Brain Health

One study revealed that daily gardening can reduce risk of dementia by 36%

