



## GOAL:

Gardening For a Healthier You is designed to teach adults with limited resources the importance of gardening as part of a healthy lifestyle. Through the five lessons, participants will learn the nutritional and physical activity benefits of gardening.



## OBJECTIVES:

1. Understand basic, key gardening concepts and their applications
2. Recognize the benefits of growing produce with high nutritional value
3. Learn to design and maintain an edible garden
4. Increase access to and consumption of fruits and vegetables
5. Practice regular physical activity
6. Improve food resource management and save money
7. Promote and share the experience of food gardening as part of a healthy lifestyle





***FOR MORE INFORMATION  
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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

***Energize Your Life -  
Gardening For a  
Healthier You!***



***Nutrition education  
for adults in a  
garden setting***