



Nurturing the Joy of Growing.

Toledo GROWs educates our community about the value of local nutritious food. Our active urban farm and support for community gardens promote healthy eating and create a region alive with gardens.

Why?

- 26.5% of Toledo residents live in poverty
- Gardeners save \$75-\$380 in food costs each season
- Only 6% of Lucas County youth eat five daily servings of fruits or vegetables
- People who garden eat more fruits and vegetables
- 74% of Lucas County adults are overweight or obese
- Gardening motivates people to stay active longer than other activities

How?

- Educational programs for youth, correlated to state content standards
- Workshops, events, and other educational programs for adults
- Support, materials, and education for community gardeners
- Urban Farm educational facility, with gardens, bees, chickens, and a teaching kitchen
- Volunteer opportunities that actively engage people in the community



Our expert staff provides hands-on learning experiences that create opportunities to:

- Take ownership of one's food source
- Eliminate blight from neighborhoods
- Nurture job skills
- Create revenue through sales of locally grown food

Toledo GROWs **Food**
 Toledo GROWs **Well Being**
 Toledo GROWs **Community**

125
 community gardens supported

5,148
 pounds of produce harvested at the urban farm

89%
 of people served have low or moderate income

6,500+
 people served by community gardens

900
 at community-wide seed swap

2,278
 youth participated in educational programs

14,000+
 packets of seeds distributed FREE to the community

7,100
 plants grown and distributed FREE to the community

5,000+
 volunteer hours donated

Since 1995
 supporting community gardeners