

Educating our community about the value of local nutritious food.

How does Toledo GROWs assist people of all ages to learn to grow and eat healthy food?

Why is this work important?

In Lucas County:

- 18% of residents live in poverty – 25.5% in Toledo
- 21 census tracts are food deserts - 18% of residents live in those areas
- 72% of adult residents are overweight or obese
- Only 20% of area adults eat five daily servings of fruits and vegetables – 4% eat none
- 22% of residents feel only slightly safe in their neighborhood – 4% feel not at all safe

We know:

- People who garden eat more fruits and vegetables
- Gardening motivates people to stay active longer than other activities
- Community gardeners save between \$75 and \$380 in food costs each season
- When neighbors know and interact with one another, they feel safer
- Crime decreases in neighborhoods as the amount of green space increases

Community Garden Support
Provides the knowledge and tools needed to build and run a garden, including site visits, workshops, gardener gatherings, and seasonal advice

Education for Youth
Hands-on activities correlated to the state content standards, in the classroom or field trips to the farm

Education for Adults
Workshops, events, and other opportunities in a variety of venues

Urban Farm
Educational facility with gardens, bees, chickens, and a teaching kitchen

Volunteer Opportunities
Actively engage people in the community

Partnerships
Work with other organizations to better serve our neighbors



For more information contact: Yvonne Dubielak at 419.720.8714 or yvonne.dubielak@toledogrows.org



Food
Well-Being
Community

125

Community Gardens supported

5,000+

volunteer hours donated

89%

of individuals served have low
or moderate income

4,600

pounds of produce
harvested at the urban farm

1,000

attend community-wide
Seed Swap

6,500+

individuals served by
community gardens

14,000+

packets of seeds distributed
FREE to the community

1,500

youth annually participate
in educational programs

5,000

plants grown and distributed
FREE to the community



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