

BENEFITS OF COMMUNITY GARDENS

- **Community building / Community development**
community hubs for local people to meet and develop friendships; sites for community engagement; intergenerational exchange; activities that foster self-help; building on local assets; developing links between individuals and groups
- **Environmental sustainability**
demonstration sites for living and consuming in a sustainable manner; local solutions to climate change; organic waste management solutions; sustainable technologies; contributing to food security through local, community food systems; greening urban environments
- **Health and wellbeing**
physical fitness; recreational opportunities; nutritional health; psychosocial benefits, community kitchens
- **Access and inclusion**
supportive environments that promote social inclusion (frail aged, people with disabilities, people from culturally and linguistically diverse backgrounds, Aboriginal people)
- **Education and training**
'outdoor classrooms' for informal learning and formal accredited training courses; venues for lifelong learning and school-based learning
- **Enterprise**
local economic development; incubating social enterprises (nursery, markets, café, training programs); mobilising volunteers; employment preparation
- **Arts and culture**
community art and events, preserving cultural practices of migrant and refugee communities

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