Module 1: Civic Pride

**Exercise 6. Community Garden**

Community gardens can be powerful contributors to healthy communities by:

* Increasing access to healthy foods and educate people about food and nutrition;
* Supporting social cohesion and build a sense of community;
* Promoting safer neighbourhoods.



Source: <https://www.pexels.com/photo/woman-in-black-long-sleeve-shirt-standing-beside-woman-in-black-and-white-striped-long-sleeve-7849905/> by Centre for Ageing Better

On this [website](https://www.assistedhousinginsider.com/article/take-10-steps-create-successful-community-garden-residents), you can find a 10 steps process to create a successful Community Garden for Residents.

Here are some Youtube videos links on the topic:

* <https://www.youtube.com/watch?v=5xe03SHh8SE>
* <https://www.youtube.com/watch?v=2U8GxT0uVkM>
* <https://www.youtube.com/watch?v=xm0zriG9UrY> (French)
* Did you find this type of initiative interesting?
* Do you understand the importance of building a sense of community and social cohesion through this type of initiative?
* Is it feasible in your area?