

# Gardening For Health And Food Security

All peoples should have the right of healthy and culturally appropriate food.



Indigenous households remain at a much higher risk of household food insecurity.

# Food is Medicine

Seeing your food as medicine helps you make better decisions about what and how to eat in order to make the best decisions for your own well-being.

The role of food:

Maintain Health

Can prevent disease

Allows body function

Gives cells information



Research shows that dietary habits influence disease risk. While certain foods may trigger chronic health conditions, others offer strong medicinal and protective qualities.

# Gardening Improves Physical and Mental Health

- Garden for safe, healthy food
- Garden for Exercise
- Garden to add beauty
- Garden to learn
- Garden to make money
- Garden for emotional needs and spiritual connections
- Garden for lasting memories





## A rooftop garden is a source of local food production.

An urban garden can supplement the diets of the community it feeds with fresh produce and provide a tangible tie to food production.





## From Rooftop to Restaurant

Visitors will enjoy fresh vegetables and herbs that are grown on and harvested from the rooftop of the Native Women's Association of Canada building.



## A Place to Learn

A growing number of Canadians are food insecure. 9000,000 Canadians – 38% of them children and youth – use food banks every month. [Food Bank Report 2012]

Among various household types, women with children under 18 reported the highest rate of household food insecurity, at 22.6% in 2011–2012.

The Native Women's Association of Canada rooftop garden will be a place for education for all ages. It will provide the opportunity to teach about growing affordable herbs and vegetables, nutrition, cooking. How to improve physical health, relieve stress and increase sense of wellness through nature.

