

# COMMUNITYGROWS

PLANTING SEEDS. EMPOWERING YOUTH.

## Our Mission

To cultivate healthy youth through growing gardens in low-income, diverse communities.

## The Problem

**Kids ages 8-18 spend an average of 7.5 hours a day on media.**

More screen time means less time outdoors - a habit that leads to **Nature Deficit Disorder**: the idea that there are negative behavioral and emotional effects from spending less time in nature.

**14% of children in San Francisco live in poverty.**

Income plays a role in access to resources that promote health - like good schools, healthcare, healthy food, safe neighborhoods, and time for self care.

**2 out of 3 youth do not eat the daily recommended amounts of fruits and vegetables.**

Many factors influence healthy eating, including cost, income, time, transportation, food availability, food preferences, and availability of facilities to cook and store food.

**Only 1 out of 5 of high school students is active for at least an hour a day.**

Factors like lack of time, violence or criminal activity, unclean sidewalks, hills and steep streets, medical conditions, and speeding vehicles can limit activities as basic as walking.

Sources: San Francisco Community Health Needs Assessment (2016) and A Kaiser Family Foundation Study (2010)

## Our Solutions



**Safe Outdoor Experiences**



**Healthy & Nutritious Foods**



**Teen Job Skills Training**

*Positive engagement with the environment is proven to have lasting effects on children's physical and mental health.*

In order to cultivate health in **all** kids, CommunityGrows provides low-income children and youth of color in San Francisco with consistent, free access to safe outdoor spaces, hands-on educational opportunities, and a stipended job skills training program.

### Contact Us

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