

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

762 Fulton St #302, San Francisco, CA 94102

Email: info@communitygrows.org

Website: www.communitygrows.org

