Why Garden with Military Family Members?

- Helps individuals and families connect with others
- Can engage the whole family
- Strengthens youth and adult relationships
- Reduces stress
- Improves wellness through physical activity and consumption of fruits and vegetables
- Leads to reductions in family food expenses

For more information and resources, please visit:
- Cornell Garden-Based Learning, Department of Horticulture, Cornell University • www.gardening.cornell.edu/military • garden@cornell.edu

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