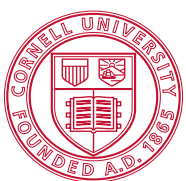


# Why Garden with Military Family Members?

- ★ 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



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For more information and resources, please visit:

Cornell Garden-Based Learning, Department of Horticulture, Cornell University • [www.gardening.cornell.edu/military](http://www.gardening.cornell.edu/military) • [garden@cornell.edu](mailto:garden@cornell.edu)

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