**FRUITOPIA**

**COMMUNITY GARDENS**

What do others think are the benefits of community gardens?

- Increased access to fresh produce
- Improved mental health
- Enhanced social interactions
- Greater sense of community

**OBJECTIVES**

- Residents should be able to access fresh fruit and vegetables by foot.
- Access should be within 400m of every residence.
- Various forms should be encouraged by community gardens, nature strip vegetable gardens, and community gardens.
- Community gardens and local markets should be added as additional permitted use to all zones to increase frequency.
- Councils should create a portion of council land for the purposes of community food production.

**ACCESSIBILITY**

How far does your food travel?

A recent study showed that one in 10 people (10%) of children and one in 10 people (10%) of adults in the UK do not eat fresh fruit and vegetables at all. This suggests that we are not effectively utilising our available space to provide fresh produce.

How does transport modes affect your BMI?

Using public transport has a greater impact on BMI than using cars. This is because people who use public transport are more likely to be in a lower BMI category than those who use cars.

**OBESITY**

The recommended amount of fruit is 5 portions and vegetables 7 portions per day. However, many people in the UK do not meet these recommendations.

**URBAN FARMING**

What is it all about?

The Urban Farming Project is an example of an urban farming initiative. It aims to provide fresh fruit and vegetables to local communities. The project has been successful in increasing access to fresh produce and promoting healthy eating habits.

**ACTIVE TRANSPORT**

"Only 6.8% of adults are sedentary or have low levels of activity."

Another study by the Australian government showed that only 1 in 10 people are active enough to meet the recommended levels of physical activity.

**COMMUNITY GARDENS & NATURE STRIP GARDENS**

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