

SUPPORT your local North Little Rock community gardens!

Get healthy by eating more fresh fruits and vegetables.



Community gardens will sell fresh fruits and vegetables directly to you, often for less than you'd pay in the grocery store.



A community garden is a great way to get members of your community, schools and organizations involved around healthy, local foods.



A community garden can help make real and lasting change in communities.



A garden helps teach children that healthy eating can be fun and taste good. They increase community access to healthy, fresh foods.

**If we have more healthy choices, we'll be able to have healthier lives. For more information, contact:
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**Arkansas Department of Health
Keeping Your Hometown Healthy**