



Enhancing the health, self-sufficiency, and well-being of people in need



Massachusetts Service Area

Acton	Lancaster
Ayer	Leominster
Berlin	Littleton
Bolton	Lunenburg
Boxboro	Maynard
Clinton	Pepperell
Devens	Shirley
Fitchburg	Sterling
Groton	Stow
Harvard	Townsend
Hudson	Westford

WE ARE PROUD TO ANNOUNCE OUR AWARDS & RECOGNITION

ENVIRONMENTAL AWARD
Wachusett Chamber of Commerce, 2010

EXCELLENCE IN NONPROFIT COLLABORATION
Massachusetts Nonprofit Network, 2010

Our Mission

Growing Places Garden Project's mission is to improve the food security and nutrition education of people with limited economic means. We do this by providing vegetable gardens and nutrition education so that people can grow food on their own and become more conscientious about their nutrition.

Our gardens are:

- Customized based on dietary needs and preferences
- Environmentally friendly and designed to conserve water and be maintained without synthetic fertilizers, pesticides, or herbicides
- Intended to grow enough produce for a 1-4 person household
- Designed so that they can be maintained independently by the third season

Our Goal

At Growing Places, we believe gardening can be transformative. Through the process of learning to grow, care for, and harvest food, people become engaged in the gardening process and gradually become more aware about their nutrition and health. By encouraging our clients and providing regular support, our goal is to grow proficient gardeners who maintain their gardens on their own and continue to grow fresh healthy food for themselves and their loved ones year after year.



Service Area and eligibility

We service 22 communities in North Central Massachusetts and recruit gardeners through a variety of methods that include partnerships with like-minded organizations.

Eligibility for a garden is determined by

- Economic need (household income is less than or equal to 200% of the poverty level)
- Availability of appropriate gardening space
- Commitment of 5-7 hours per week to tending a garden

Our Services

Garden program

We ensure access to a wide range of clients by offering residential, container, and community gardens. We make a commitment of at least two years to our clients: establishing gardens at the client's residences or community gardens the first year, and returning with seeds and seedlings the second year. All gardens, seeds and plants are supplied at no cost to our clients.

Nutrition education for adults

To help people eat nutritiously and improve their physical health, we have partnered with **Operation Frontline** (of Share Our Strength) to provide nutrition-based cooking classes to current and prospective gardeners in the communities we serve. Each six-week class is led by a knowledgeable teacher and is designed to promote healthy food choices, teach lifelong cooking skills, provide practical nutrition information and food budgeting strategies.

After School program for children

Due to the growing number of at-risk youth, we've introduced nutrition education and cooking to a wide range of children through the schools in our service area. The program introduces children to the ease and benefits of more nutritious eating and shows them how to make easy, healthful snacks and meals.

Ongoing support throughout the process

We offer lifelong advice and support through workshops, our website, and regular newsletters. In the first year, each family receives personalized guidance from a Garden Mentor who helps establish goals and priorities, and monitors progress throughout the growing season. In the second year, each family receives seeds, seedling, and continues to receive ongoing technical support.

Call for Collaboration

We recognize that the complex issues facing the communities we serve cannot be solved alone, and we look forward to collaborating with others to develop and implement joint strategies that strengthen our communities and help families become more self-sufficient, healthier, and more economically sound.

For more information about Growing Places Garden Project, please visit us at www.growingplaces.org or call us at 978-598-3723.