BENEFITS OF URBAN AGRICULTURE

SOCIAL & CULTURAL
- Creates community cohesion
- Provides green space for community members to gather
- Can strengthen social connections and intergenerational relationships
- Cultural expression and maintenance of cultural heritage
- Can help immigrants to develop gain a sense of belonging

HEALTH & WELLBEING
- Increases access to fresh, organic, and culturally appropriate produce
- Increases preferences for and consumption of fruits and vegetables
- Mitigates food insecurity
- Increases food system resilience by maintaining access to food in times of crisis
- Source of physical activity
- Mental health & therapeutic benefits

ENVIRONMENT
- Increases biodiversity, including pollinator habitat
- Reduces energy and resource inputs
- Reduction in greenhouse gas emissions and air pollution
- Carbon sequestration by vegetation and crops
- Temperature regulation in urban areas

ECONOMIC & COMMUNITY DEVELOPMENT
- Creates opportunities for youth education and development
- Increases property values
- Employment training & opportunities
- Entrepreneurial urban agriculture activity can attract capital and create business opportunities
- Creates opportunities to learn about agriculture, nutrition and sustainability