



Agency Happenings

Lorain County Community Action Agency Helps Families Grow Nutritious Eating Habits

The Lorain County Community Action Agency's (LCCAA) Head Start program has partnered with the Family Garden Initiative (FGI) to offer families free gardens to improve their nutrition starting right in their own backyards.



Fresh vegetables can be expensive and growing your own can be daunting, but the FGI solves both of these problems. The gardens provided by the FGI, known as Gardensox are self-contained raised beds that can be grown in any small sunlit outdoor space (any four-foot-square surface), even on a concrete patio. And they are designed to grow enough produce to feed a family of four!

LCCAA received 56 applications for the gardens that were installed on a first-come, first-served basis by FGI on May 17. "We are excited to be partnering with Family Garden Initiative as Head Start shares their mission to empower children and families to improve their nutrition through gardening in their own backyards," said Head Start Health and Nutrition Manager Rebecca Rodriguez.

Along with the fun of getting dirty, she said having children involved in the process of growing vegetables improves fitness, provides valuable lessons about patience, teaches responsibility, and provides the reward of growing something. "One of the most important things about gardening is understanding where food comes from and it increases the odds of the children eating healthy," Rodriguez added. "Gardening is an opportunity for parents and children to share a common interest and work on together. What better place to 'grow' special family memories than in a garden?"

The FGI is a faith-based mission that started in Lorain County in 2010. They now have projects throughout country and are looking to go global. In 2012, they installed 750 gardens. For more information on FGI, visit their website at familygardeninitiative.org.

