

Overview of the Grow Your Groceries Program

You might be wondering why you should grow your own food, or if you already grow your own food you might be wondering about all of the ways it benefits you. We've listed some benefits below!

- Increases your **access** to foods that support your health.
- Can **decrease** your food costs.
- Can make healthy food more **convenient** and accessible.
- Can help you connect with and advocate for the environment and learn about movements for **social justice** and food sovereignty.

