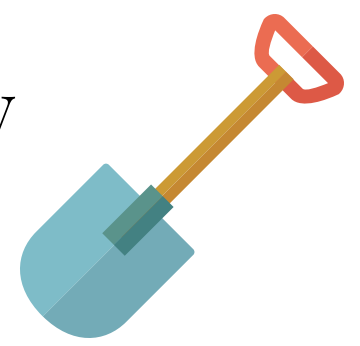


CanYouDigIt! Healthy Gardens, Healthy Communities

"Can You Dig It (CYDI) was launched in 2009 by *posAbilities*, a non-profit Community Living Association, as an innovative way to create new opportunities for individuals with developmental disabilities and their neighbours through food gardening."¹



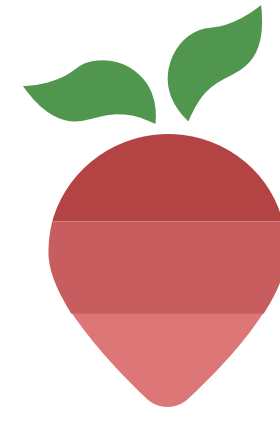
PURPOSE



Due to significant growth of the initiative, *posAbilities* partnered with the Public Health Association of British Columbia (PHABC) who recognizes the importance of these gardens in shaping healthy communities and reducing food insecurity. *posAbilities* created CYDI with the goal of the gardens becoming self sustaining.

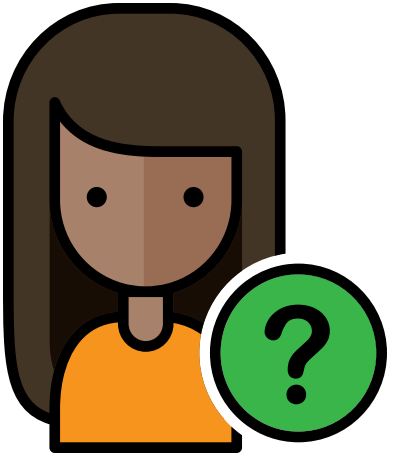
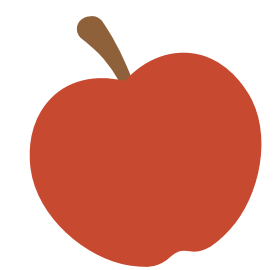
SIGNIFICANCE

Food quality, food cost, and food insecurity have increased interest in growing food locally²



Enables community building, education and health promotion²

Gardens choose what to grow and what portion of their yield to donate, which may not meet nutritional needs of everyone³



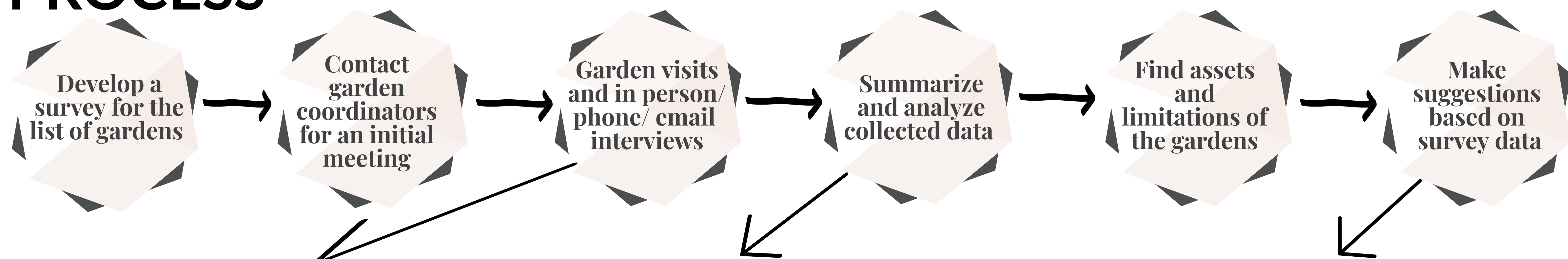
Listening and engaging with community gardeners are crucial steps to understanding these spaces and promoting more sustainable urban lifestyles⁴

OBJECTIVE



Our short term objective is to **improve the PHABC understanding of the CYDI network of community gardens.**

PROCESS



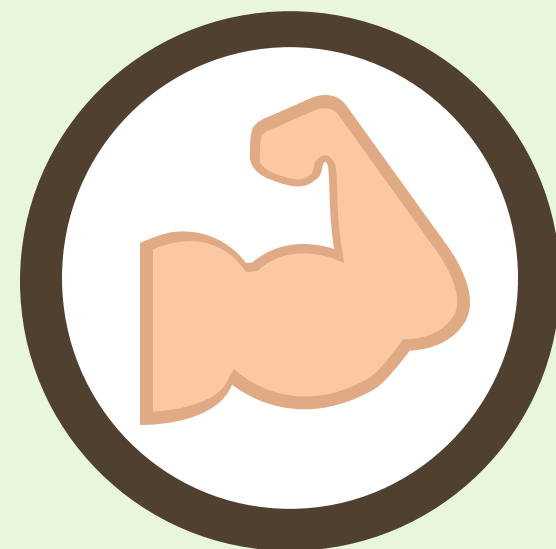
GARDEN STATS

Users include gardeners, volunteers, school staff, students, people with disabilities, seniors

43% response rate

40 CYDI gardens¹ - assigned 14 -- 12 active, 2 inactive -- 6 gardens participated in our survey

FINDINGS



ASSETS

- Community involvement
- Increases biodiversity
- Education about local plants/foods



CHALLENGES

- Communication
- Land-use conflicts
- Lacking community engagement
- Space and accessibility

SUGGESTIONS



- Allocate funds for workshops that enhance garden use and membership²
- Regular site visits to maintain communication between gardeners and project managers so info is up-to-date⁴
- Improve accessibility²
- Create awareness of gardens, programs for community engagement⁵

NEXT STEPS



PHABC should maintain regular contact with the gardens even after they are self-sustaining



Site visits and further discussion with garden committees to form action plan for meeting individual garden needs



Implement necessary changes and supports to build on assets and minimize challenges

References and Acknowledgment

1. Can You Dig It!. (2015). Retrieved November 21,2018. <https://www.cydi.ca>
2. Guitart, D., Pickering, C., & Byrne, J. (2012). Past results and future directions in urban community gardens research. *Urban Forestry & Urban Greening*, 11(4), 364-373.
3. Wong, A., & Hallsworth, A. (2016). Local food security initiatives: systemic limitations in Vancouver, Canada. *Future of Food: Journal on Food, Agriculture and Society*, 4(1), 7-28.
4. Turner, B. (2011). Embodied connections: sustainability, food systems and community gardens. *Local Environment*, 16(6), 509-522.

⁵ Bussell, M.R., Bliesner, J., & Pezzoli, K. (2017). UC pursues rooted research with a nonprofit, links the many benefits of community gardens. *California Agriculture*, 71(3), 139-147.

Learn more about our project @<http://lfs350.landfood.ubc.ca/community-projects/2018-fall-projects/farm2school-bc-can-you-dig-it-2/>. In partnership with

