

THE PROGRAM  
**PROPOSAL**



# 100 GARDENS INITIATIVE

PROPOSED BY

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**URBAN** *farming*  
INSTITUTE  
GROWN IN OAKLAND PARK

ABOUT

# 100 GARDENS

DATE PROPOSED

**MARCH 2021**

## OVERVIEW AND GOALS

With support from the city of Oakland Park, we will be able to encourage and inspire others to create their own gardens, most suitable for their environment and lifestyles.

The ultimate goal we should work towards is to make our own and our youth's world as beneficial as possible in terms of health, food security, cultural togetherness, and sustainability.

The 100 Gardens Initiative aims to address food insecurity, cultural and community diversity, health issues, the role nutrition can play in education, and more all while adding nutritional benefits to residents' lives and promoting community involvement.



**LOCAL  
FOOD  
PRODUCTION**

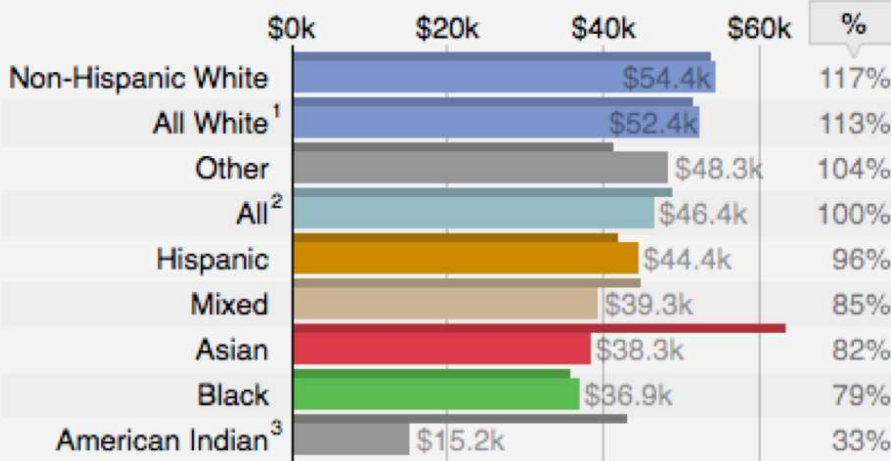
# WHY?

## Food Insecurity, Cultural and Community Diversity, and Health

### Median Household Income by Race #8

Scope: households in Florida and Oakland Park

■ Oakland Park — Florida



% as percentage of median household income of the entire population

<sup>1</sup> including Hispanic whites    <sup>2</sup> entire population

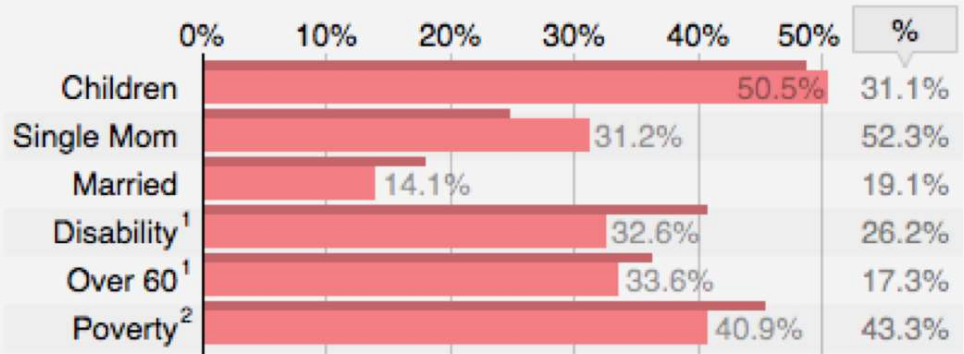
<sup>3</sup> American Indian and Alaska Native    <sup>4</sup> and other Pacific Islander

### Characteristics of Households Receiving Food Stamps #2

Households with given characteristics as a percentage of all households that receive food stamps.

Scope: households in Florida and Oakland Park

■ Oakland Park — Florida



% households on food stamps as a percentage of all households with the given characteristic

Food Insecurity

# COMMUNITY

# WHY?

## Cultural and Community Diversity

Place of Birth for the foreign-born population regions in Oakland Park: 12,990 from Latin America, 5453 from Caribbean, 4148 from Central America, and 3388 from South America.<sup>2</sup>



Foreign native produce that can be grown in Oakland Park<sup>3</sup>

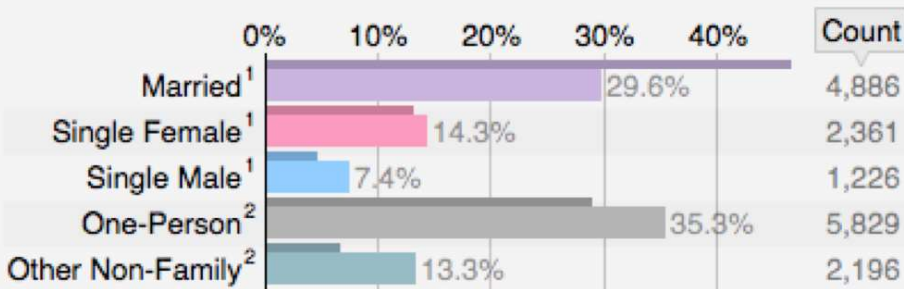
- Jamaican mango, coconut, bananas, jack fruit, star fruit, etc.
- Haitian mango, avocado, orange, lime, cocoa, etc.
- El Salvador's pineapple, coconut, mango, melon, papaya, etc.
- Mexico's avocados, tomatoes, peppers, sugarcane, etc.
- Other produce including pears, plantains, guava, mamey sapote, jicama, nopal, and more.

### Household Types #1

Percentage of households.

Scope: households in Florida and Oakland Park

■ Oakland Park    ■ Florida



<sup>1</sup> families    <sup>2</sup> households

51.3% with school-aged children in Oakland Park.

# WHY?

## Nutrition and Diet Behavior in Oakland Park<sup>4</sup>

- Average BMI= 29.
  - 38.4% are obese
  - People trying to lose weight: 35.7%
- 8.8% are diabetics
  - 46.3% had a blood test for high blood sugar
  - Only 2.9% are taking insulin
  - **This means that around 43% are undiagnosed Type II diabetic, which is directly caused by lifestyle choices such as poor nutrition and lack of exercise.**
- 19.5% have high blood pressure
- 15.5% have high cholesterol levels
- On average, Oakland Park residents are taking two prescription medications.
- On average, 24.3% of residents' income is spent at grocery stores.
- The median gross rent in 2019 was \$1,273.00 with a cost of living index of 114.2 (higher than the U.S. average of 100.)<sup>2</sup>

## HOW WOULD 100 GARDENS MAKE A DIFFERENCE?

- California Agriculture studied a low-income population started to grow their own food in a home garden or community garden plot. Participants reported doubling their fruit and vegetable intake in such a level that met the recommended daily servings number suggested by the USDA. This study concluded that by growing food either in home or community gardens can benefit food security.<sup>5</sup>
- "Intersecting race, space, and place through community gardens" found that community gardening activities helped residents of that area transcend culture, race, income, and environment all while promoting health, heritage, and more.<sup>6</sup>
- "The Link Between Nutrition and Physical Activity in Increasing Academic Achievement" proved that a higher quality diet consisting of of balanced, healthy meals results in better academic performance in school-aged children.<sup>7</sup>
- In addition, the Journal of the Academy of Nutrition and Dietetics states that gardening experiences in college students is associated with increased consumption of fruits and vegetables.<sup>8</sup>
- Fruits and vegetables start to lose their nutrients 24-hours after harvested, meaning fresh produce is more nutritious. Also local food is picked at ripeness, which is also when it is most nutrient dense compared commercial produce being picked well before it's peak of ripeness.<sup>9</sup>

# RESILIENCE

# Where do we begin?

With the support of Oakland Park and the passing of the resolution, we can begin to implement the 100 Gardens Initiative into the community directly.

**HOW?**

## Awareness

With the use of the City of Oakland Parks website, we could create a webpage with information on how to get started and everything the initiative entails including how to get your garden approved. Other methods of marketing include;

- Yard/garden signs for each participating resident to display
- Certification: This will include an online PDF after the resident's garden is approved by an Urban Farming Institute official
- Social media pages and hashtags to explore and tag when sharing pictures of participating gardens and to connect with other gardeners
- Flyers and handouts with help from the UFI
- UFI will support and advertise the Initiative

## Community Involvement

Events and holidays will be used to fuel community involvement for participating residents and those who are intrigued by the initiative. Participants could represent their produce or engage in events/activities such as;

- Earth Day
- Soul Fest
- Youth Day
- Social media competitions and friendly activities to engage participants and advertise the initiative

## Economic Advancement

Under the Florida Cottage Food Law, members of the 100 Gardens Initiative can sell their home grown items for economic advancement. A link to more information on the law can be placed on our webpage. Ways members can take advantage of this include;

- TASTE of Oakland Park
- Farmers Markets
- Individual selling, etc.

**SUSTAINABLE**



# WHAT IS A GARDEN?

That's up to you.

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Simply put, a garden includes any area or space that is actively growing or producing fruits, vegetables, or other plants for healthful use. The UFI will verify any space or environment including but not limited to:

- Ground Gardens
- Raised Beds
- Elevated Beds
- Container Gardens
- Hydroponic Gardens
- Vertical Gardens
- Hanging Gardens
- Residencies
  - Apartments
  - Homes
  - Mobile homes, etc.
- Churches
- Schools
- Restaurants

A volunteer from the Urban Farming Institute will visit the participating garden for verification of a productive garden. Once verified, a certificate will be given and the resident will become a member of the 100 Gardens Initiative.



# CREATE



# EXAMPLE CERTIFICATE

100 GARDENS INITIATIVE

## CERTIFICATE OF RECOGNITION

THIS IS AWARDED TO

NAME OF MEMBER

As a member in good standing of the 100 Gardens  
Initiative of Oakland Park



**MARISSA SWINDELL**

Coordinator

**SENIOR GARDENER**

UPI OFFICIAL



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