

# COMMUNITY GARDEN

## THE BENEFITS OF WORKPLACE WORKPLACE MENTAL HEALTH TRAINING

### YOUR ROLE

By implementing a community plant or vegetable garden you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

- Interacting with plants has been shown to reduce physiological and psychological stress
- Nature-based activities have been effective at reducing work-related stress
- The exercise and contact with nature associated with gardening are more effective at relieving stress than indoor activities

**IMPORTANT:** If your garden is going to be located somewhere other than a self-contained building patio, you need to apply for authorization through [UBC Campus and Community Planning](#) ( see. pg 3)

### RESOURCES

- [UBC Planting Food Garden webpage](#)
- [UBC Okanagan Facilitates Management](#)





# Implementing your initiative

- Create a garden committee made up of faculty and staff from within your department
- Come up with a proposal/ideas for what the garden might look like
- You might want to survey participants for their preferences (vegetables, flowers, plants, herbs etc...)
- Remember to think about where your building is located and the best places for plants to grow
- Determine the location (internal or external) of your proposed garden
- Connect with your facilities manager to ensure there are no issues with the placement, or type of garden that you have planned
- Options:
  - Inside planters (on rollers is ideal)
  - Outside planters
  - A combination of inside and outside planters
- Consider inviting the UBC Farm or another community group in to provide and information session/teaching program
- Post Planting:
  - Consider hosting a planting party or kickoff event for the garden
- Set up a schedule for care and watering of the garden
- Consider hosting a harvest party or harvest meal at the end of the season

## HOW THE FUNDS BE CAN USED

### Funds can be used for:

- Equipment fees (pots, soil, tools etc.)
- Start-up plant and seed costs
- Promotional material (to not exceed \$100)
- Info sessions or training workshops related to garden cultivation or healthy eating
- A kick-off celebration or harvest feast meal (to not exceed \$500)

### Funds cannot be used for:

- Hiring of faculty/staff as instructors, to coordinate or support the program
- The purchase of gift cards or certificates of any denomination
- Charitable donations

# Planting Food Gardens



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## Food Garden Principles

When applying for a food garden permit, please take into account the following Principles of Food Growing Gardens on Campus:

Any party interested in establishing a food growing garden in the academic core of campus will be required to submit an application describing the project, group members, broad support for the initiative and accountability.

## Permit Application Process

- Review the Principles of Food Growing Gardens on Campus included above and UBC Climate-Ready Food Garden Management Plan
- Download the permit application form for Food Growing Gardens on Campus
- Fill out application form and email it to Development Services at Campus and Community Planning at [Development.Projects@ubc.ca](mailto:Development.Projects@ubc.ca)