

# DIG IN TO GOOD HEALTH

Gardening can boost nutrition as well as physical and mental health.

## Benefits of gardening

- Increased exercise
- More fruits and vegetables
- Boosts mood and reduces stress and anxiety
- Saves money on groceries
- May help improve sleep
- Kids like to eat vegetables they've helped grow.

## Garden-fresh savings

- SNAP benefits can be used to purchase fruit and vegetable seeds and plants.
- Grow foods that have a long storage life, such as carrots, potatoes, onions, sweet potatoes and winter squash.
- Preserve your harvest by canning, freezing or drying.
- Invite family, friends or neighbors to pitch in and share in the costs, work and the harvest.



## No room for a garden? Try container gardening.

- Lettuce and spinach can be grown in coffee cans or milk jugs.
- Tomatoes, peppers and green beans can be grown in 5-gallon buckets.
- Herbs can be grown in small containers near a sunny window.
- Use good quality potting soil.
- Make sure containers have holes for water to drain so roots don't rot.
- Water frequently so plants don't dry out.



Check out the website [seasonalandsimple.info](http://seasonalandsimple.info) for recipes using locally grown fruits and vegetables!



## Did you know?

Spending time outdoors in green spaces has been shown to reduce heart rate and muscle tension?

**Learn more**  
Contact your local MU Extension office for more information on gardens, what to grow, food storage and food preservation or visit our website at [extension.missouri.edu](http://extension.missouri.edu)



Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to: [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)