

Denver Urban Gardens Community Gardens and Hunger



The great majority of Denver Urban Gardens community gardens are located in low-income neighborhoods, where residents experience food insecurity and lack access to fresh fruits and vegetables. DUG gardens provide safe and beautiful neighborhood spaces where neighbors can gather together to grow their own fresh, healthy food. Denver Urban Gardens strives to ensure that gardening is accessible to all communities, regardless of economic status, and operates a Free Seeds and Transplants program that provides free vegetable seeds and plants to over 6,000 in-need individuals annually.

In 2013, we are partnering with a host of hunger relief organizations, including Cooking Matters, Grow Local Colorado, Plant a Row for The Hungry, Livewell Colorado, Food Bank of the Rockies, and Metro CareRing on a project called Produce for Pantries, which connects food pantries with school gardens, community gardens and home gardens in their neighborhoods to provide locally-grown and healthy food and nutrition education to those in need.

Impact:

- **Most DUG gardens are located in low-income neighborhoods**
- DUG community gardens produce **more than 325 tons of food annually**
- Approximately **10% of produce grown in each garden plot is donated** to local food banks or families struggling with hunger
- DUG's Youth Farmers' Markets accept SNAP benefits double value-coupons for produce, and **help get fresh, affordable produce into urban food deserts**
- DUG's community walk-in cooler allows volunteers to coordinate efficient, weekly produce donations from gardens to pantries
- DeLaney Community Farm, DUG's urban community farm, **provides produce to hunger relief agencies** such as Project Angel Heart, The Gathering Place, and Colorado Foster Care
- DeLaney's WIC program serves over 400 individuals each year, by providing **free vegetable shares for low-income women with young children**
- In preliminary results of our 2012 survey of Free Seeds and Transplants recipients, **more than 80% report increased fruit and vegetable consumption and reduced grocery bills** as a result of the program

