

## CORPORATE GARDENS

Can assist and help establish healthy habits for employees and administration within a company and promote sustainable wellness for the community. Many corporate gardens allow for employees to take home product. Large corporations like PepsiCo to small town neighborhood businesses incorporate gardens for various reasons: lunchtime getaway, health benefits, or fashionable perks. Several employee wellness opportunities can occur: nutritional awareness, mental health, and physical health. Corporate gardens are options to give back to employees and improve quality of life. Gardens can take on many different looks like any community garden- rent for space, corporate giving gardens, or community space to grow and work together free of charge.

**Economy:** Hy-Vee One Step Community Produce Garden- gives back to the community through donations of everyday foods to charitable causes. They also have grant awards for up to \$1,000 that must be received by February 1 (2016).

**Education:** promotion of nutritional, mental and physical health (**Corporate Garden Coach**)

**Equity:** Corporate gardens can assist in providing access to land for growing personal food

**Health:** Best practices on employee betterment programs – also identified opportunities for employees to get involved in wellness programs (city employees). Assists in providing emotional and beneficial mental peace. Gardens have been shown to improve health by decreasing blood pressure, reducing hear rate, relieving muscle tension, decreasing patients' perception of pain, and improving mood. (**Cass County Health System Foundation**)