

## Community Gardens Program Logic Model

Program Name: GARDENS	Target Groups: Low-income and marginalized community members		Program Goal: To promote healthy, food literate, engaged and cohesive communities through community gardening		
Program Objectives:	Activities: What we do	Outputs: Numbers we count in our programs	Outcomes: Short-term changes in learning (knowledge, skills, awareness, etc) & medium-term changes in action (behaviour, practice, etc)	Indicators: How we measure success	Impacts: Hoped for, long-term changes in conditions or systems
OBJECTIVE 1: To increase low income community members' access to healthy food	Recruit garden members from low-income and marginalized population	# of garden members from various backgrounds	Outcome 1.1: Increased consumption of local and organic produce by garden members	Garden members report increased consumption of fresh produce (fruits and vegetables, depending on what is grown)	Improved nutritional intake and diversity of food consumed by garden members and PFB program participants / Improved sense of self-sufficiency by garden members
	Establish linkages with local social service agencies	# of partner agencies contacted regarding referrals to the garden program			
	Harvest from gardens to be shared 50-50 by the garden members and PFB programs	# of lbs of food split between garden members and PFB			
	Grow a row' outreach campaign (local gardeners/farmers growing for the Food Bank)	# of lbs of fresh produce donated to the Food Bank from 'Grow a Row' gardeners/farmers	Outcome 1.2: Increased availability of local and organic produce in the kitchen and food bank programs	Increased fresh local produce available in the other programs (Food Bank, Community Kitchen, Drop-in Meals)	
OBJECTIVE 2: To increase low income community members' skills, knowledge, and behaviours around healthy food ( <i>and active lifestyle</i> )	Weekly gardening sessions conducted, including informal learning opportunities	# and type of informal learning opportunities	Outcome 2.1: Increased knowledge, skills and behaviours for growing organic vegetables	Garden members report and demonstrate increased knowledge, skills and behaviours for growing food	Improved capacity and physical health among garden members / Improved sustainability of local and organic food systems (ultimate)
	Monthly gardening workshops	# and type of garden workshops			
		# of local resource people offering workshops			
	Weekly gardening sessions conducted, including healthy physical activity	# of gardening hours invested (in total / by garden member)	Outcome 2.2: Increased physical activity and enjoyment of the outdoors	Garden members report and demonstrate increased physical activity and enjoyment of the outdoors	
OBJECTIVE 3: To reduce social isolation, ( <i>promote leadership</i> ) and increase connection to a variety of supports for low-income community members	Establish ground rules relating to acceptance and tolerance	Ground rules exist and are followed	Outcome 3.1: Increased sense of belonging, enjoyment and respect for garden members	Garden members report feeling safe, comfortable and respected in the garden	Improved social & mental health among garden members
	Opportunities for team-work and informal fun are intentionally created	Teams are created to work on specific activities together	Outcome 3.2: Increased friendships and connections to the community for garden members (Inter-generational aspect for 190 Gore Gardens)	Garden members report having made a friend, having fun and/or feeling more connected to the group/community	

### Community Gardens Program Logic Model

<b>Program Objectives:</b>	<b>Activities:</b> What we do	<b>Outputs:</b> Numbers we count in our programs	<b>Outcomes:</b> Short-term changes in learning (knowledge, skills, awareness, etc) & medium-term changes in action (behaviour, practice, etc)	<b>Indicators:</b> How we measure success	<b>Impacts:</b> Hoped for, long-term changes in conditions or systems
OBJECTIVE 3 (continued): To reduce social isolation, (promote leadership) and increase connection to a variety of supports for low-income community members				Garden members (@190 Gore) report feeling more connected to the other generation (i.e. seniors or youth)	Improved social & mental health among garden members
	Ask garden members to contribute to garden planning	# of garden members who contributed to program planning	Outcome 3.3: Increased sense of ownership and examples of leadership among garden members	Garden members report that they feel their input into the garden program planning & development was valued	
	Ask garden members to contribute to learning activities	# of garden members who facilitated workshops or other learning activities		Garden members report increased feelings of confidence in taking on leadership roles / public speaking	
OBJECTIVE 4 To increase knowledge of poverty and food system issues	integrated above				
OBJECTIVE 5: To create opportunities for community members to take effective action on poverty and food system issues	informally, through referral to advocacy program				
OBJECTIVE 6: To create new market opportunities for sustainable local farms	not explicitly				