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WISEWOMAN Gardening Project

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The WISEWOMAN Gardening Project, a three year partnership between Michigan WISEWOMAN and Michigan State University extension, provides economically-challenged woman with the skills and resources to increase healthy behaviors and earn additional income through gardening.

A gardening curriculum and manual were developed incorporated nutrition education, gardening basics growing and produce for market, and selling at a farmer's market. The project emphasizes the Social Determinants of Health and their role in sustainable behavior change. In 2010, twenty-five women in six Northern Michigan countries participated.

The WISEWOMAN Gardening Project provides participants opportunities to:

- Increase physical activity
- Increase consumption of fresh fruit, vegetables
- Enhance nutrition knowledge, allowing them to convey the health benefits of their products to customers
- Supplement their income in order to purchase other healthy eating options
- Develop new gardening and income-generating skills

At the community level, the Gardening Project focuses on prevention by:

- Expanding access and availability of fresh produce
- Developing new outlets for fresh produce
- Increasing customer knowledge of the health benefits of fresh fruits and vegetables
- Emphasizing the social determinants of health
- Enhancing partnerships