

Composting

Green waste (source of nitrogen)



fruit and vegetable scraps



freshly cut grass



used tea leaves and coffee grounds with paper filters



food scraps, for example egg shells



cut flowers and other plants

Brown waste (source of carbon)

dry tree leaves



small branches, broken into pieces



natural, untreated wood and sawdust



dried plant remains - hay and straw



untreated paper and cardboard, cut into small pieces



Benefits of composting

Waste reduction: the amount of waste in landfills is reduced

Natural fertilizer: a natural fertilizer, rich in nutrients, is produced

Soil improvement: soil structure and fertility is improved

Biodiversity: the number of microorganisms and worms increases

Less erosion: binds the soil and slows water runoff

Saving water: soil water retention is improved

Fewer chemicals: fewer chemical fertilizers are needed

Less emission: the production of greenhouse gases is reduced

Benefits of gardening. *Relations*



**New
friends**

**Openness
to others**

**Community
building**

**Celebrating
moments together**

Benefits of gardening. *Skills*



INTERPERSONAL

gardening may help develop your social competence, as it often involves teamwork, leadership or the art of compromise



EDUCATIONAL

everyone has something they are good at; sharing these skills allows us to constantly develop

GARDENING

working in the garden, you'll learn how to cultivate plants and find out about their uses

ORGANIZATIONAL

when planning your garden work schedule, you improve your management skills

Benefits of gardening.

Well-being

IMPROVED BRAIN FUNCTION

working in the garden improves cognitive functions as well as memory, which delays the aging process



A CLOSER BOND WITH NATURE

when observing the processes taking place in the garden, you get a deeper understanding of the natural world and your place in it



MOOD BOOST

the soil contains a microbe called *mycobacterium vaccae*, which increases the production of serotonin, the happiness hormone



REDUCED STRESS

working in the garden lowers cortisol levels and helps you relax



Benefits of gardening. *The body*

The provided calorie values refer to the activity performed over 30 minutes

100
kcal

RAKING
strengthens back
muscles



205
kcal

DIGGING
strengthens legs and
buttock muscles



105
kcal

WEEDING
strengthens
triceps



195
kcal

**MOWING
THE LAWN**
strengthens arm and
shoulder muscles



Why locally?

Buy local products

Buy products from trustworthy suppliers

Strengthen social bonds while improving the quality of life

Support local producers and the development of local economy

Reduce the amount of CO₂ and plastic waste

Grow it locally

Improve biodiversity and help adapt to climate change

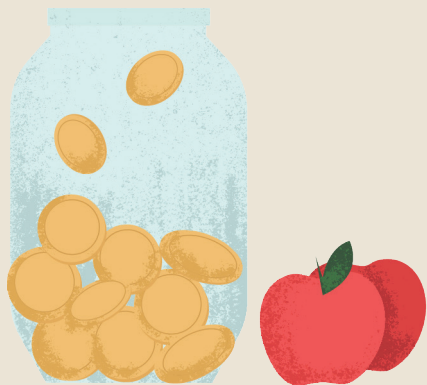
Eat your own pesticide-free fruit and vegetables

Discover heirloom varieties, not available in supermarkets

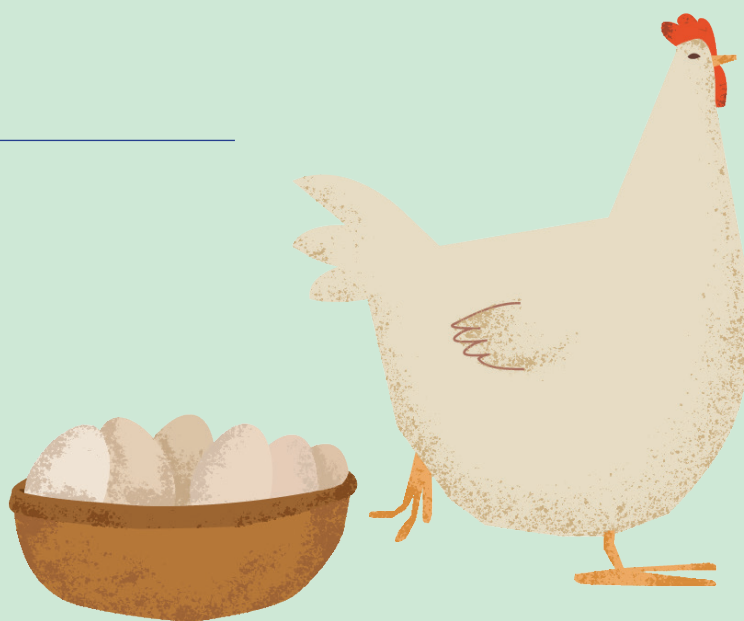
Save money while taking care of your health



Locally bought helps a lot!



Tax revenues for
the local budget



Fresh products
taste better

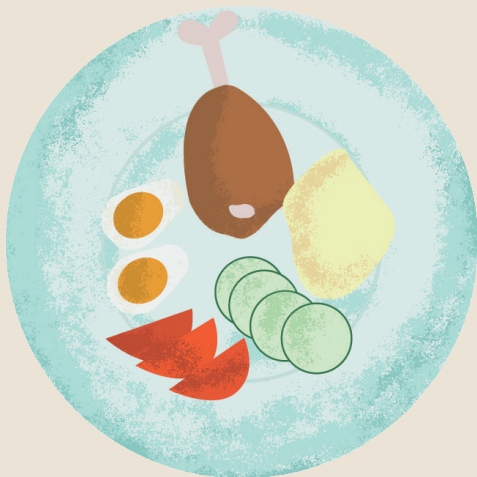


Deliveries directly
from farmers



Shorter delivery time means
a smaller carbon footprint

Planning ahead saves some bread!



Serve moderate
portions



Use a shopping list to limit buying
unnecessary products



Use everything that's
left in your fridge

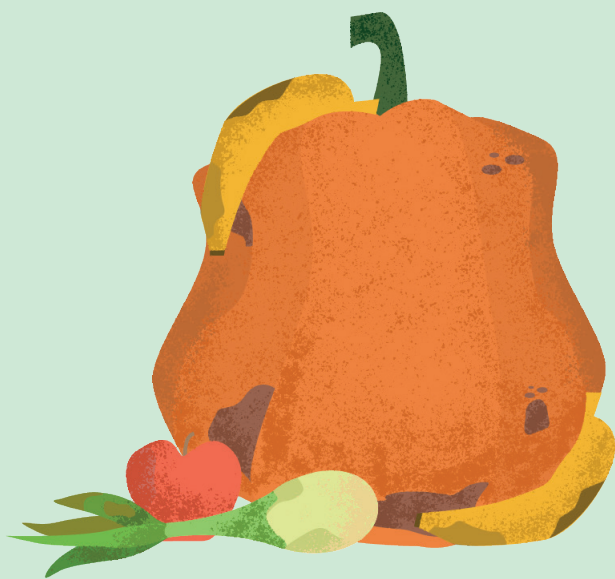


When shopping, buy
fresh seasonal products

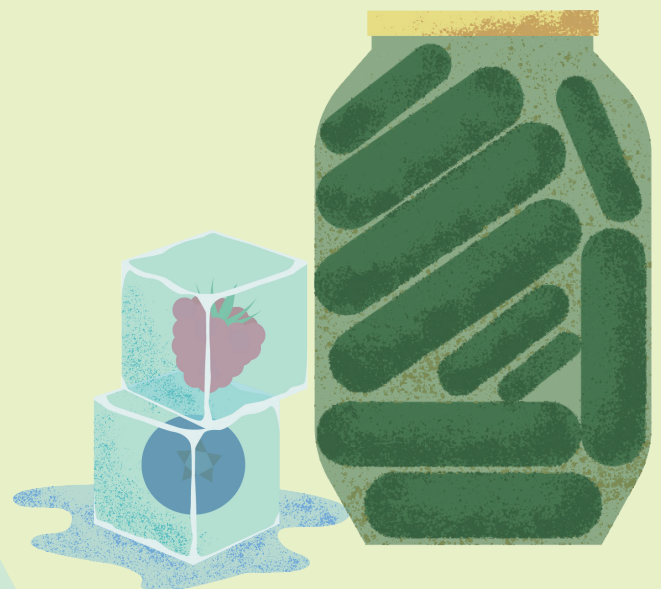
Taste it before you waste it!



Set up a compost bin



Buy imperfect fruit and
vegetables before they
get thrown away



Freeze and preserve food to be
able to store it for longer