



To participate in this program you must meet the (gross) income guidelines listed below.

<u>Family Size</u>	<u>90 Days Income</u>	<u>Annual Income</u>
1	\$3,590.63	\$14,362.50
2	\$4,846.88	\$19,387.50
3	\$6,103.13	\$24,412.50
4	\$7,259.38	\$29,437.50
5	\$8,615.63	\$34,462.50

For family units with more than 5 members, add \$1,256.25 for each additional family member to arrive at yearly amounts for 125%.



GARDENING IS FUN



WHY NOT GIVE IT A TRY



BRANDON COURT COMMUNITY GARDEN PROGRAM

Be Healthy!!!



Who: Springfield Urban League/
Brandon Court Outreach for
Children and their Families.

What: The opportunity for you and
your child to have:

- Hands-on experience in planting
the garden
- Instruction on how and when to
harvest the garden
- How to prepare the harvest from
recipes with an experienced chef.
- How to enjoy your harvest with
multiple “Destination Dinner
Table” events
- Classroom instruction “Fresh
From the Farm” for students of
all ages

Where: After school at the Outreach
building in Brandon Court
and at the SCF Community
Garden, across from Brandon
Court on Old Rochester Road.

When: Spring and Summer, 2013

How: A Community Partnership
between:

- Springfield Urban League/
Brandon Court Outreach
- Springfield Community Federation
- genH
- Sangamon County Community
Resources
- PNC Bank

Questions? Call Ms. Candice Silas
544-0873 Ext. 1801

BENEFITS OF GROWING YOUR OWN FOOD: The advantages of a Community Garden

**Growing food in the backyard will
help you save money.**

Have you heard of the rising prices of
vegetables everyday? Would you like to
free yourself from the harsh escalation
of food prices? Planting your own
veggies will spare you from the hassle
of shopping and it will also keep your
savings growing.

**Growing food in the backyard will
give you a sense of peace.**

It is often that people say green
sceneries relax the eyes and the mind,
which is why trees are important in
highly stressful environments. If you
plant vegetables and fruits in your
garden, your mood will change
drastically; the already happy you will
become more filled with cheerfulness.

**Growing Food in the backyard will
give you something to work on, too.**

Are you a person who doesn't have
many hobbies and tasks to do on a
regular basis? Then maybe planting is
for you. It is not only a good way to let
time pass; it is also a productive thing to
do. Who knows, you might just have a
green thumb!

**Growing food in the backyard will
spare you from the harmful effects of
pesticides used by the commercial
agriculture industry.**

Have you ever given thought about the
harmful effects of plant pesticides? Do
you know they can be a risk to health?
And, do you know that the more
pesticides used on plants, the less
nutrients you get from it? Sounds pretty
alarming, right? If you wish to get
nutrients from the plants in their highest
forms, plant your own. As for pests,
you can make use of the natural pest
repellents to drive them away.

**Growing food in the backyard will
create in you a better health.**

Aside from getting veggies without the
harmful pesticides, you will also get
good health by having plants around
your home because they help in the
creation of oxygen. If you live in an
industrialized area, you should have
plants so you will be able to get fresh air
instead of the smog from car exhaust
and other pollution.

Growing your own food like fruits and
vegetables will reward you and your
family greatly. There is a lot of other
benefits you can get from planting your
own food, so if you wish to become
healthier and if you wish to do
something for the environment, get your
hands working on the greens today.

