

Come Grow With Us & Get Involved!

If you would like to be a part of the F.R.E.S.H. Community Teaching Garden—to volunteer or make a donation—please contact East Side Health District at (618) 874-4713 ext. 220 or visit us on the web at www.eshd.org.

We will also be offering a limited number of participants who volunteer at least 2 hrs./week their own raised garden beds to plant and harvest vegetables of their choosing.



Numerous studies have shown kids who participate in garden-based activities perform better in academic, social and health-related domains.

It is F.R.E.S.H.'s goal to encourage garden participation among children.



Let us Introduce Ourselves!

East Side Health District was established in 1937. Over the past 77 years, East Side Health District has been devoted to improving public health and the environment of the residents of Canteen, Centreville, East St. Louis and Stites Townships by providing the appropriate preventive health care throughout our community.

The F.R.E.S.H. Community Teaching Garden is our latest program to support ESHD's mission of wellness promotion in the community.

Participants will learn how to grow, pick, cook and can the garden produce.

Contact us at
(618) 874-4713 ext. 220



EAST SIDE HEALTH DISTRICT
preventive health & education services

656 North 20th St
East St. Louis, IL 62205



Foods Raised at East Side Health



EAST SIDE HEALTH DISTRICT
preventive health & education services



F.R.E.S.H. Mission

Our mission is to use this garden to serve as an educational tool for local families and individuals. By creating a sustainable, healthy and readily available community food source, we can better achieve our mission of wellness promotion in the community.

F.R.E.S.H. is in partnership with the Arthur M. Jackson, Jr. M.D. Health Care Foundation (AMJHCF).

Come Grow With Us!

F.R.E.S.H. Goals

To support the community garden movement by inspiring citizens of the surrounding areas to volunteer in our garden and/or start their own.

To educate people on the health benefits of locally grown fruits & vegetables—both for the environment.

To encourage garden participation among children.



FARMER'S MARKET >>>

The official F.R.E.S.H. Farmer's Market will be open every Thursday from 8:30 a.m. – 1 p.m. beginning June 5, 2014 until October 30, 2014.

The Market accepts EBT, credit, & debit cards, LINK, WIC and Senior Farmer's Market vouchers.



GARDEN PLOTS

Garden beds are available for occupancy. Call Elizabeth at 618-271-8722 ext. 100.

We are with you every step of the way >>>

East Side Health District will once again be an official site to apply for and receive WIC & Senior Farmer's Market Vouchers.