



**A HEALTHIER NB:
THIS IS MY
ONE CHANGE**

Juanita's one change is access to a garden in every community in New Brunswick.

"This garden keeps me healthy because it helps me financially. I can go out in the garden and work, then go in and eat what I've grown. It's mine. I planted the seeds, I dug the rows, I do the weeding—so it's a process.

We have one young lady—I think she's thirteen—that has her own plot. It's right here next to her dad's, and you can see that it's well maintained. It's quite a bit of responsibility to put in her rows, and keep everything up, but her little brothers come out, and other kids in the neighbourhood come out, and they can just pull out a carrot, wash it and eat it. It makes them think more about their food.

We also have five new Syrian families that just moved in. We have one gentleman who was a farmer in his homeland, and he's out here working in the middle of the afternoon in the 30 degree heat. It's pretty special. Language can be a barrier, but when you're pointing at a vegetable there is no barrier. You understand each other."

Juanita Black, Saint John