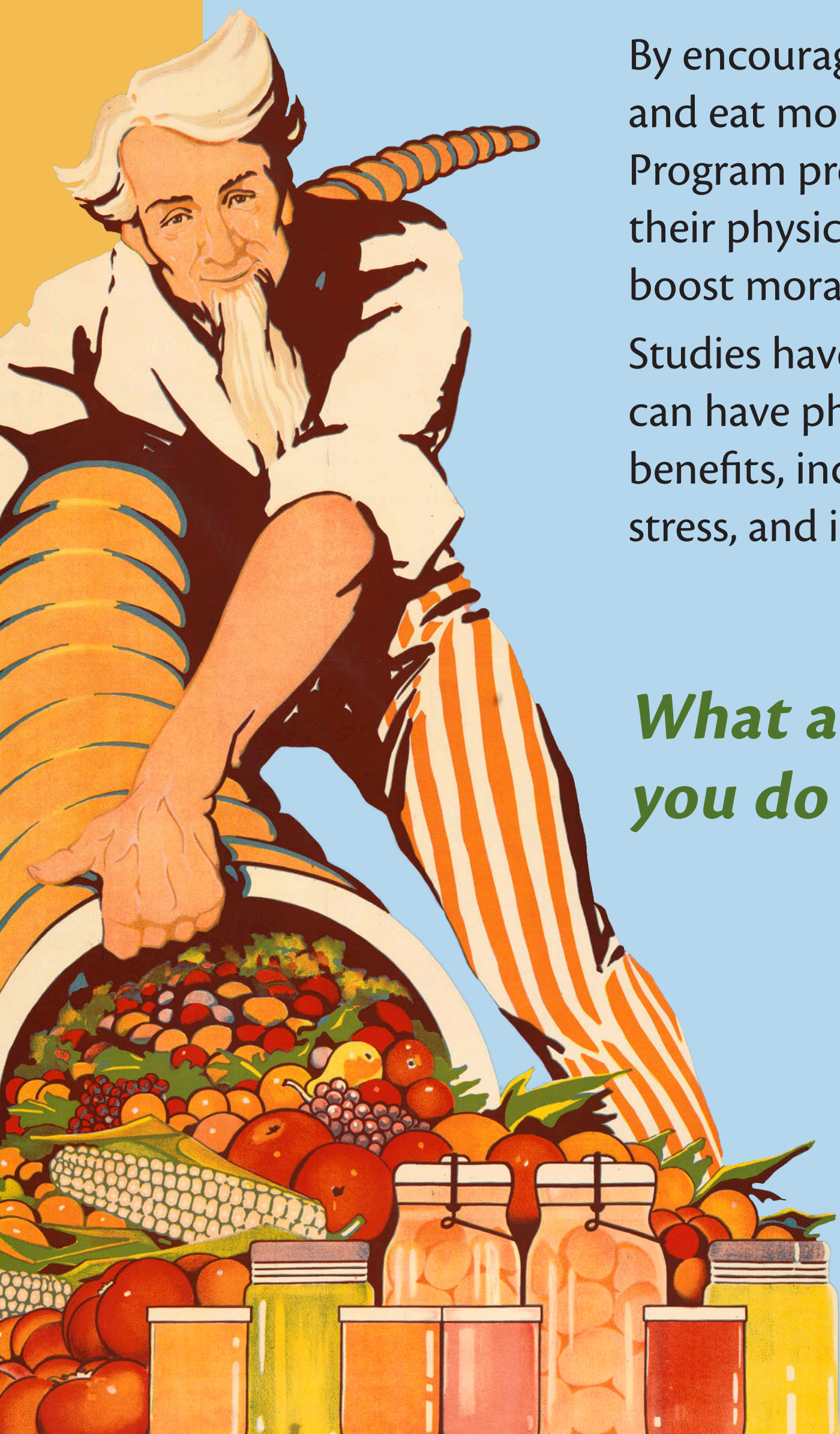


“Better Food, Better Health and Better Cities”

HEALTH

By encouraging Americans to spend time outside and eat more fresh produce, the Victory Garden Program promoted healthy habits. In addition to their physical health benefits, victory gardens helped boost morale by bringing communities together. Studies have shown that spending time in nature can have physical, mental, and emotional health benefits, including lower blood pressure, reduced stress, and improved mood.

*What are some things
you do to stay healthy?*



This photo was taken to encourage those who were left on the home front to participate in victory gardening, ca. 1943.

Courtesy of the Library Company of Philadelphia

Courtesy of the USDA National Agricultural Library