Establishing a community garden in Buffalo, WY will increase fruit and vegetable consumption and subsequent heart health among among its residents.

Buffalo lies at the base of the Bighorn Mountains, providing the area with a major tourism industry.

Buffalo, WY has 4,585 residents and is the largest municipality within Johnson County.

Buffalo’s economy is centered around energy production, tourism, and agriculture.

22% of Johnson County’s residents are over 65 years old.

No community gardens currently exist within Johnson County.

The U.S. averages 1.7 servings of fruit and vegetables per day... the recommendation is 5 servings.

Rural and older populations are less likely to consume fruits and vegetables.

Community gardening improves fruit and vegetable consumption among its participants and their families.

Increasing fruit and vegetable consumption by 5 servings per day is associated with a 20% reduced risk of heart disease.

Additional benefits of community gardening include lesser risk of obesity, more physical activity, and greater food security.

The USDA recommends consuming at least 4-5 servings per day of fruits and vegetables, preferably 2.5 cups of veggies and 2 cups of fruit.

The club has agreed to present the project again in the spring and, if feasible, will begin garden development on the same site at that time.