

## Our Team

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She/Her



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## Our Solution

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### **Gardening Guidance** - *Get more elders involved in community gardens!*

Our research shows this demographic is the most likely to appreciate both the physical and mental benefits that come from gardening. We can advertise this solution while also raising awareness for local food and planting pollinator friendly plants.

### **Why this solution?**

This solution caters to different audience that are not included when having events (especially as many events are virtual.) We wanted to bring the audience into the process by giving out seeds for them to garden on their own. This way the audience able to implement the skills taught.



### **Impact**

Our solution will allow elders to gain interest in local food and plant pollinator-friendly plants. We'd also like to learn the skills and gain a sense of confidence and independence.

### **Key Learnings**

Developing this solution allowed us to recognize all the different barriers that could be faced by the elderly. Due to Covid-19, many events, documents, and information are through digital platforms the previous generations might not be familiar with. It does not allow for the elderly to get access to information and events that they might need to attend.

### **How to reach us!**



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