

Do you want to learn more about how you can support this meaningful program in our community?

Those interested in information about program sponsorship or volunteering for this program can contact us at:

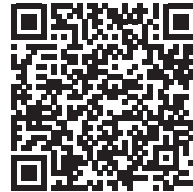
info@thelink4youth.org
www.thelink4youth.org
717-774-2633



Contact Us

Learn more about how to benefit from tax savings when contributing to The Link with Qualified EITC Funds.

Please consider donating today!



GARDEN 2 TABLE PROGRAM

An Incredibly Rewarding Experience Awaits!



1120 Drexel Hills Boulevard
New Cumberland, PA 17070

717-774-2633

www.thelink4youth.org



The Link Center 4 YOUth/Medard's House is a nonprofit Section 501(c)(3) organization; EIN #47-4386986. The official registration and financial information of Medard's House may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. Your donation is tax deductible to the fullest extent of the law.

GARDEN 2 TABLE PROGRAM

Life skills have been eliminated or reduced within our public school system. We have found that many of the kids that have gone through our program have not been exposed to gardening and have not been provided with the resources to gain basic kitchen safety that is necessary for their development. This program allows them to gain a skill and perhaps pick up a new hobby.



Where does your garden grow?

Our program is currently held on our campus in New Cumberland. It is a nine-part course designed for youth with little to no experience in gardening or the kitchen.

With families in our neighborhood struggling to make ends meet the skills provided could save a family about \$600 in annual food costs and if applied across a lifetime could multiply to significant savings.

The kids in our program gain **skills that last a lifetime** and have positive outcomes in their lives and within the community that include:

- ▶ Increased accessibility to healthy food choices.
- ▶ Increase confidence and self-esteem when achieving results.
- ▶ Reduction in household food expenses.
- ▶ Reduction in depression and anxiety.
- ▶ Increased knowledge of food safety.
- ▶ Increasing accessibility to life skills that include basic cooking skills.
- ▶ Promotes sustainability practices and is environmentally friendly.



You need to see the smiles on the faces of the kids to really understand the impact of this program.

– Sandra Colello, Executive Director of The Link 4 Youth