

1. (Title)

# Planting vegetables along the fence enhances mental health and increases income.

2. Core SDGs 3.3.2 Health outreach programs.

3. Related SDGs 17.2.1 Relationships with regional NGOs and government for SDG policy

Participants in the network are: Nakhon Si Thammarat Municipality, community health service center, NGO community leader and people in the community.

4. SDGs (Agenda) Outreach & Engagement

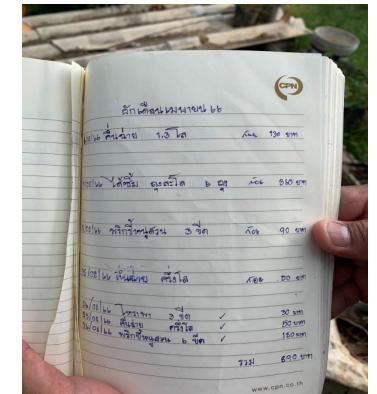


**project operator:** Kamlai Somrak, Saowanee Chaiyawan and Sabai Yesa school of nursing Walailak University

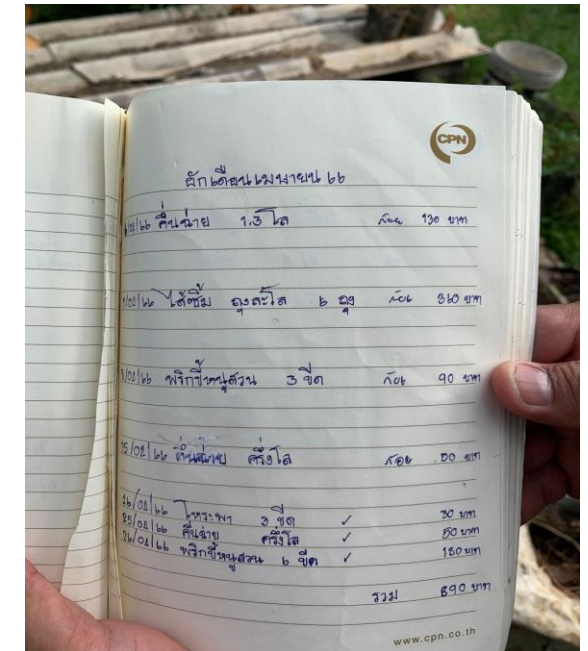
## 6. Content Story

- A group of 327 households was organized to manage household waste and provide safe food to households in the community by planting vegetables along the fence to enhance mental health and increase income.
- Households in the community work together to bring waste materials such as garbage bags, car tires, broken bowls, and turn them into vegetable containers to reduce waste in the community.
- Safe vegetable community for cooking such as morning glory, lettuce, sesame, kale, chili, beans, etc.
- The family earns an extra 2,000 baht a month from selling vegetables to a restaurant in the community.
- The community has positive communication, increasing the love and bonding of family members and people in the community are happy.

## 7. Infographic



## 8. Photo



## 9. Related Link

<https://www.wu.ac.th/th/news/22889>