

About the National Founding Partners of *Plant a Row • Grow a Row...*

The Canadian Association of Food Banks (CAFB) is the national umbrella group for food banks in Canada, with members in every province. It distributes corporate food donations and works on behalf of its members and the families they serve, with the objective that no one should go hungry in Canada.



The Composting Council of Canada is a national non-profit, member-driven organization with a charter to advocate and advance composting and compost usage. It serves as the central resource and network for the composting industry in Canada and, through its members, contributes to the environmental sustainability of the communities in which they operate.



The Garden Writers Association of America is a highly respected organization of professionals communicating about horticulture, gardening and the environment. Its mission is to provide leadership and opportunities for education, recognition, career development, and a forum for diverse interactions for professionals in the field of garden communications.



HOW YOUR GARDEN CAN HELP FEED PEOPLE IN NEED

How often is it that you can enjoy a favourite hobby and help others in your community at the same time?

Plant a Row • Grow a Row is a fun way to do both.

Established by the Canadian Association of Food Banks, The Composting Council of Canada and the Garden Writers Association of America, *Plant a Row • Grow a Row* builds on the long-standing tradition of gardeners loving to share their harvest with others.

The *Plant a Row • Grow a Row* program invites local gardeners to grow an extra row of vegetables, or donate extra fruit and vegetables to their local food bank or soup kitchen.

HOW CAN YOU HELP?

Whether your vegetable garden is large or small, add an additional row, bed or pot and plant something extra. If you have extra fruit or vegetables, earmark them for donation.

Encourage your family and friends to do the same.

This is a wonderful project for everyone, from small children to seniors, from those who have a huge vegetable plot to balcony gardeners who can grow vegetables in pots.

HOW TO BE INVOLVED?

1. Plant your seeds and nurture your garden.
2. At harvest time, take the produce that you would like to donate to a donation site (call The Composting Council of Canada toll-free at 1-877-571-GROW(4769) and they will put you in touch with a contact in your area).
3. When you bring in your donation, don't forget to let your Food Bank or donation site know that your produce is designated for the *Plant a Row • Grow a Row* program so that it can be weighed and added to our total. Use the pledge card that is part of this brochure to record your contribution (tip: the average grocery bag full of mixed produce weighs about 5 kilograms). *Recording your donation is important as we will be able to measure our community's contributions and report our success!*
4. Pat yourself on the back for making a wonderful contribution to our community!

WHICH CROPS ARE BEST FOR DONATION?

Root vegetables are best ... however, any produce that can be easily handled and stored, including broccoli, cabbage, carrots, peas, beans, tomatoes, radishes, parsnips, sweet peppers, summer squash (including zucchini), apples and pears are welcome.

Please contact your local Food Bank before donating more fragile produce like lettuce or herbs.

Your donation, whether it's a bag of tomatoes, a truckload of zucchini, a box of apples or something else that you've grown will be appreciated and put to good use. Simply remove any soil and bring it in.

MAKING YOUR DONATIONS...

In the months of August and September, produce can be taken to your local Food Bank or drop-off locations.

Please contact The Composting Council of Canada toll-free at 1-877-571-GROW(4769) and they will put you in touch with a contact in your area



Every possible effort will be made to ensure that the produce you donate will be used right in your community.

Thank you for sharing your harvest as part of the *Plant a Row • Grow a Row* program!

In the space below, please let us know how many pounds of produce you are donating to your local food bank (*please hand this information in at the same time that you donate your fresh produce*). Rounding your contribution to the nearest 5 kilograms is fine. To help determine the number of kilograms of fruits and vegetables that you are donating, keep in mind that the average paper grocery bag holds approximately 5 kilograms of mixed vegetables.

Happy Gardening!

I have donated _____ kilograms of produce to my local food bank.

Name: _____

Address: _____

Phone: _____

THANK YOU FOR HELPING OUR COMMUNITY!

A Special Thank you to the Ontario Trillium Foundation for their generous support of the *Plant a Row • Grow a Row* program in Ontario

