

## Plant a Row, Grow a Row

gets fresh, nutritious fruits and vegetables to people who need them.



Grow an extra row of vegetables to donate to your local food bank or soup kitchen and encourage other gardeners to do the same.



Other Community Food Programs supported by the Food Action Network include Community Kitchens, Community Gardens, and Gleaning.

## The Food Action Network

is a non-profit coalition that works to improve access to safe, personally acceptable, nutritionally adequate food through a sustainable local food system. It brings together community members and organizations working in health care, social services, agriculture/food production, community development, education, anti-poverty, emergency food aid, environmental protection and municipal government to improve community food security in Thunder Bay and surrounding area through coordinated, community-led action.



For more information, to volunteer, make a donation or to become a member of FAN, call the Thunder Bay District Health Unit at 625-5956.

[www.nwofood.com](http://www.nwofood.com)



**PLANT A ROW, GROW A ROW** encourages all gardeners to grow an extra row of vegetables and donate the harvest to your local food bank or soup kitchen



## Plant A Row, Grow A Row

Whether your vegetable garden is large or small, why not grow a little extra to donate. If you are going to a Pick Your Own Farm, pick an extra basket to donate. When you visit the market, add an extra bag of fresh produce to donate. Encourage your family and friends to do the same.

## What to Donate

All produce is needed and appreciated!

The best are:

**Carrots, parsnips, potatoes, squash and apples**

But any produce that can be easily stored are welcome. These include: broccoli, cabbage, peas, beans, tomatoes, radishes, sweet peppers and zucchini.



## Benefits for Your Community

- Improve access to fresh vegetables and fruit.
- Help build a stronger, healthier community.



## Benefits for You

- Regular physical activity
- Increased awareness of the benefits of getting 7-10 servings of vegetables and fruit per day.
- Feeling of satisfaction that you are helping to feed others.

## Drop-Off Sites

Please call to arrange for a drop off time

**Regional Food Distribution Association**  
*We receive food for food banks.*

704 MacKenzie Street.....622-7440

**Dew Drop Inn Soup Kitchen**

*We serve daily meals.*

292 Red River Road .....345-0481

**Shelter House Soup Kitchen**

*We serve daily meals.*

420 George Street .....623-8182



## How it Works

- Prepare your soil with organic matter or compost for best results.
- Plant your seeds and nurture your garden.
- At harvest time, take the produce that you would like to donate to one of the drop-off sites listed above.
- Pat yourself on the back for making a wonderful contribution to our community!