

PLANT AN EXTRA ROW

The what, why, and how of the
Plant an Extra Row campaign



Plant an Extra Row (or two!)

Your garden can help fight hunger when you plant an extra row of produce to donate to food shelves. By donating garden-grown produce to your local food shelf, you are contributing to the health of your community by providing nutritious food for people in need.

Plant an Extra Row is a project of the Minneapolis Healthy Food Shelf Network and is supported by the Minneapolis Health Department with funding from the Statewide Health Improvement Program of the Minnesota Department of Health.



**EVERYBODY NEEDS
HEALTHY FOOD**

Connect -

Find a food shelf that would love to receive your produce donations by visiting www.healthyfoodshelves.org.

Plan -

Before you plant your extra rows, talk to someone at your food shelf to learn what types of produce they need most.

Plant -

Buy seeds at your local garden store for as little as \$1, or join your Local Food Resource Hub for access to low-cost seeds and other gardening resources. Then, start planting!

Share -

When it's time to harvest, share the best of what you've grown with people in need.

My closest food shelf is:

I can donate produce on this day and time:
