

Minneapolis Department of Health
Plant an Extra Row – Talking Points
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What?

- **Plant an extra row (or two!)** – Plan ahead to grow extra produce in your garden and designate it for your nearest food shelf.
- **Give the gift of health** – Your donations of high quality, garden-grown produce can help improve the health of food shelf recipients in your neighborhood.
- **Create a “win/win”** – By sharing part of your garden harvest with a local food shelf, you win too, by ensuring that none of your gardening efforts go to waste.

Why?

- **Everybody needs healthy food** – Food shelf recipients love to be able to select healthy foods, like fresh vegetables and fruit.
- **Fresh produce helps improve health** – Eating healthy foods helps prevent chronic health problems like obesity, diabetes and high blood pressure.
- **Support your community** – By donating garden-grown produce to your local food shelf, you are contributing to the well-being and self-sufficiency of your community.
- **Demonstrate the value of giving** – When you share produce you have grown with a food shelf, you give a gift above and beyond a simple cash donation and model generosity for those around you.

How?

- **Connect with a food shelf in your area** -- We can help you find a food shelf that would love to receive your produce donations through the Minneapolis Healthy Food Shelf Network at www.healthyfoodshelves.org. To find a food shelf outside of Minneapolis, visit <http://www.hungerfreemn.org/get-involved/give-where-you-live>.
- **Collect planting requests, if possible** – Before you plant, talk to someone at your food shelf to learn what types of produce are needed the most.
- **Plant an extra row (or two!)** – 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!
- **Give the best you can** – When it’s time to harvest, share the best of what you’ve grown with people in need.