

**Minneapolis Department of Health  
Minneapolis Healthy Food Shelf Network  
Plant an Extra Row – Newsletter Briefs  
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**The following are “briefs” to be used singly (or in combination) in community newsletters promoting the Minneapolis Healthy Food Shelf Network and the “Plant an Extra Row” program.**

**Grow an extra row (or two!) of produce**

Did you know that your local food shelf and its customers love to receive extra produce from home gardens like yours? This year, plan ahead to grow a row or two of extra produce in your garden and designate it for your nearest food shelf. With just a little bit of extra effort, your generosity could go a long way toward helping the lives of others! To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

**Give the gift of health – donate your garden produce**

What better gift to give someone than the gift of health! Your donations of high quality produce from your home garden can help improve the health of food shelf recipients in your area. All it takes is for you to designate a row or two of your garden’s produce for the benefit of your nearest food shelf. To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

**Everybody needs healthy food – donate your garden produce**

You may not realize this, but food shelf recipients love to be able to select healthy foods, like fresh vegetables and fruit, just as much as you do! This season, give the gift of health to others by planting an extra row or two of produce in your garden to benefit your local food shelf. You’ll 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. To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

**Support your community – grow an extra row (or two!) of produce**

Did you know that your local food shelf and its customers love to receive donations of home-grown produce? Food shelf recipients love fresh produce just as much as you do! By donating your garden-grown produce to your local food shelf, you are contributing to the well-being and self-sufficiency of your community – and helping individuals in need. To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

**Set a great example: grow an extra row (or two) of produce**

Want to set a great personal example to members of your family or friends? It’s easy: simply decide to donate an extra row (or two!) of produce from your garden to your nearest food shelf. It’s easy, and it provides a great benefit to others. 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. To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

**It's easy to grow an extra row (or two!) for your local food shelf**

Want an easy way to donate food to your local food shelf? It's simple: just designate a row or two of your garden's produce for your nearest food shelf. Buy seeds or plants at your local garden store for as little as \$1, or join your Local Food Resource Hub for access to low-cost seeds, plants and other gardening resources. Then, start planting – and benefitting others! To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

**Donate the “cream of your crop” to your local food shelf**

We all like to put our best foot forward – if you're a donor of fresh produce from your own garden to your local food shelf, share the best of what you've grown. Food shelves and their customers love to have a chance to enjoy fresh produce. By donating the best of your best, you help ensure that food shelf recipients have a chance to fully appreciate your kindness and generosity. Check with your local food shelf before planting to see what types of produce are preferred the most. To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

**To better health! Fresh produce donations improve health**

When you donate fresh produce to your local food shelf, you become a key partner in helping improve public health. How so? Food shelf recipients love to have a chance to select fresh, healthy produce – the same as you. When you give others the chance to eat healthy foods, you help prevent chronic health problems like obesity, diabetes and high blood pressure. Now that's a gift truly worth giving! To learn more, including a list of food shelves in your area, check the Minneapolis Healthy Food Shelf Network at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).