

## CALLING ALL BUSINESSES & ORGANIZATIONS

# GROW A GIVING GARDEN

*Give the gift of health to your community by growing fresh fruits & vegetables for your local food shelf.*



**Did you know** many families in Minneapolis rely on food shelves to feed their households? Food shelves can play an important role in improving the health of their clients by offering healthy food options, including fresh fruits and vegetables. However, healthy items are not regularly donated and are often expensive for food shelves to purchase on their own.

**Here's how you can help!** The Minneapolis Health Department is recruiting Minneapolis-based businesses and organizations to grow fresh produce for local food shelves through Giving Gardens, an innovative way to help provide nutritious foods for individuals and families in need. Giving Gardens also provide a bounty of benefits to employees and worksites including volunteerism, sustainable employee wellness, and the opportunity to be a role model for other worksites in the community.

### Employee Benefits

- ⊗ Nutritional awareness
- ⊗ Physical activity/exercise
- ⊗ ↓ in stress and anxiety
- ⊗ Connection to nature
- ⊗ Engage with community & make a positive impact

### Worksite Benefits

- ⊗ Sustainable employee "wellness" strategy
- ⊗ Team-building and improved community partnerships and relationships
- ⊗ Opportunity to be a role model for other worksites

### Community Benefits

- ⊗ ↑ access to healthy food
- ⊗ Ability to maintain well-balanced, nutritious diet
- ⊗ Subsequent health benefits, such as lowering the risk of obesity and other chronic diseases

**If a Giving Garden is not possible**, your organization can still help local food shelves by:

- ⊗ Organizing a healthy food drive, inclusive of fresh fruits and vegetables
- ⊗ Making a monetary donation that food shelves can use to buy healthy items at wholesale prices

## START YOUR GIVING GARDEN NOW!

- ⊗ For more information on starting and maintaining your Giving Garden, access our [Resource Guide](#)
- ⊗ To find a food shelf in your area that accepts healthy food donations, visit the Minneapolis Healthy Food Shelf Network [website](#)

For more information about Growing a Giving Garden, please contact the Minneapolis Health Department at [SHIP@minneapolismn.gov](mailto:SHIP@minneapolismn.gov).

