



I Pledge to Help Squash Hunger in the Triangle by donating produce from my garden to the Inter-Faith Food Shuttle.

---

### **About Plant a Row for the Hungry**

Plant a Row (PAR) is a national program sponsored by The Garden Writers Association that encourages garden communities and individuals to donate fresh vegetables, fruit, and herbs to people in need. Inter-Faith Food Shuttle is the Triangle's PAR partner, distributing your produce to local food pantries, shelters, and other hunger-relief organizations.

One pound  
of your fresh  
produce  
supplements  
4 meals.

Please drop off your produce at our Chatham drop off site, Chatham Marketplace.

#### **Chatham Marketplace**

480 Hillsboro Street  
Pittsboro, NC 27312  
Friday 7:00 a.m. – Sunday 9:00 p.m.

*For drop-off sites in Raleigh or Durham visit [FoodShuttle.org/plant-a-row](http://FoodShuttle.org/plant-a-row).*

#### **Safety Guidelines:**

We cannot accept:

- Food grown from gardens that use sewage sludge or human excrement as fertilizer
- Food that has had pesticides applied within the last 2 weeks before harvest
- Food grown using animal manure that has not been composted to USDA Organic standards

#### **What is the Inter-Faith Food Shuttle?**

Inter-Faith Food Shuttle is the Triangle's PAR partner. We are a non-traditional food bank that specializes in perishable foods like fruits and vegetables.

Questions about the PAR program?

Lindsay at the Food Shuttle: [localproduce@foodshuttle.org](mailto:localproduce@foodshuttle.org) • (919) 250-0043 • [www.foodshuttle.org](http://www.foodshuttle.org)

IFFS pioneers **innovative, transformative solutions** designed to end hunger in our community. These solutions include community gardens, mobile farmers markets, cooking and job training programs, and backpacks for kids.

More than 100,000 children in IFFS's service area are at risk for hunger.



**Other ways to partner with Inter-Faith Food Shuttle to end hunger in the Triangle:**

- Promote PAR at an event and sign up more members
- Help on site at the IFFS farm and gardens
- Be a Chef, Nutritionist, or Garden Assistant with IFFS Cooking Matters healthy cooking classes
- Other interests? Give us a call for details on how you can help squash hunger!

Questions about the PAR program?

Lindsay at the Food Shuttle: [localproduce@foodshuttle.org](mailto:localproduce@foodshuttle.org) • (919) 250-0043 • [www.foodshuttle.org](http://www.foodshuttle.org)