



Calling all you GARDEN GEEKS and PLANT FANTATICS! Are your eyes bigger than your stomach when it comes to planting your garden? Do your friends and family beg you to grow less squash? Convert some of that garden space to feed the hungry with Inter-Faith Food Shuttle's Plant a Row for the Hungry.

What is Plant a Row for the Hungry?

Plant a Row for the Hungry (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.

Just harvest and deliver produce during scheduled times to one of our drop-off sites and we'll get it to people who need it. Sign up to PAR-ticipate at foodshuttle.org/plant-a-row.

Durham Drop-Off Sites and Times:

Whole Foods, Durham

621 Broad Street
Durham, NC 27705
Monday – Sunday 7:30 a.m. to 10:00 p.m.
Please donate at Customer Service.

Stone Brothers and Byrd

700 Washington St.
Durham, NC 27701
Monday – Friday 8:00 – 6:00 p.m.
Saturday 8:00 – 5:00 p.m.

Durham Farmers Market

501 Foster Street
Durham, NC 27701
Saturday 8:00 – 11:45 a.m.
Wednesday 3:30 – 6:15 p.m.
*We share space with Farmer Food Share,
next to the market info table. Look for the
PAR sign.*

Direct donations:

Inter-Faith Food Shuttle

1001 Blair Dr.
Raleigh, NC 27603
Monday – Friday 8:00 a.m. – 4:00 p.m.
*Please specify you are donating through
PAR.*

West End Neighborhood Community Garden

707 Kent St.
Durham, NC 27701
Saturday 8:00 – 11:45 a.m.

*For drop-off sites in Wake or Chatham
counties, visit our website.*

Questions about the PAR program?

Lindsay at the Food Shuttle: localproduce@foodshuttle.org • (919) 250-0043 • www.foodshuttle.org

Guidelines for handling fresh fruits and vegetables:

- Pick early in the day for best quality.
- Keep produce out of the heat, or in shade.
- For delicate produce like tomatoes and berries, avoid deep containers; the weight on top damages the produce below.
- Deliver soon after harvest to retain quality.

Safety Guidelines:

We cannot accept produce grown using pesticides not certified organic or animal manure not composted to USDA Organic standards.

Why donate?

Did you know that in this area low income communities have some of the highest rates of obesity/chronic disease AND hunger in the country—largely due to limited access to healthy, fresh foods? Produce from your farm or garden helps provide access to fresh, nutritious food.

What is the Inter-Faith Food Shuttle?

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

IFFS pioneers **innovative, transformative solutions** designed to end hunger in our community. These solutions include community gardens, mobile free 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:

- Help on site at the IFFS farm and gardens
- Volunteer on a farm as a Gleaner
- 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!

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