



**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](http://foodshuttle.org/plant-a-row).

### **Wake Drop-Off Sites and Times**

#### **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.*

#### **Western Wake Farmers Market**

1225 Morrisville Carpenter Rd.  
Cary, NC 27519  
Saturday 8:00 – 11:45 a.m.

#### **Logan Trading Company**

707 Semart Dr.  
Raleigh, NC 27604  
Monday–Saturday 9:00 a.m. – 5:30 p.m.

#### **Whole Foods, Cary**

102B New Waverly Place  
Cary, NC 27518  
Monday– Sunday 7:30 a.m. – 9:00 p.m.

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

### **Safety Guidelines:**

We cannot accept produce grown with animal manure not composted to USDA Organic standards or sprayed with pesticides within two weeks of harvest.

Questions about the PAR program?

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

### **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.

### **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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