

Partners

All North Dakota Gardeners

North Dakota Department of Agriculture

Lutheran Social Services
Great Plains Food Bank

North Dakota State University
Extension Service

North Dakota Farmers Market and Growers
Association

Dakota College at Bottineau
Entrepreneurial Center for Horticulture

Creating a Hunger Free ND Coalition

Healthy North Dakota

Northern Plains Sustainable Ag Society

Pride of Dakota Companies



One in 11 people
in North Dakota
are served by
charitable
feeding programs
such as food shelves, soup
kitchens,
homeless shelters, etc.

*Imagine your community
with a Hunger Free
North Dakota Garden sign
in every yard!*



The Hunger Free North Dakota Garden Project



What's a Hunger Free ND Garden?

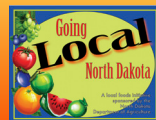
One objective of the North Dakota Department of Agriculture's local food initiative is to address the hunger issue in our state. True to our commitment to provide fresh fruits and vegetables to the state's food pantries, we encourage gardeners to plant an extra plot this summer to donate to a food pantry in their community. Everyone in the state, as an individual or a community, is invited to become a Hunger Free North Dakota Gardener.

This project will accomplish the following goals:

1. To **grow** and distribute a minimum of 500,000 pounds of fresh food to North Dakota's 244 food pantries.
2. To **build** a distribution system to continue supplying food pantry clients with fresh and healthy produce.
3. To **recognize** the growers and quantities of fruits and vegetables grown in the state.
4. Improve diets through cooking, canning, and **education**.

FOR MORE INFORMATION CONTACT:
North Dakota Department of Agriculture
600 East Blvd Ave, #602
Bismarck, ND 58505-0020
Phone: 701-328-4763
Email: suebalcom@nd.gov

Agriculture Commissioner Doug Goehring



How it works

1. Anyone can join the fun by signing a pledge card and returning it to the North Dakota Department of Agriculture. Call 800-242-7535 or email suebalcom@nd.gov.
2. Individual gardeners and community groups are eligible to participate.
3. Each community will be responsible to gather the gardeners and find volunteers to assist the food pantries in distribution. The more volunteers the more fun.
4. Gleaned crops will be eligible.
5. Goals for communities are based on population. These are suggestions only, feel free to donate more.

SUGGESTED GOALS FOR CITIES BY POPULATION

More than 15,000 population - 8,000 pounds
Between 10,000-15,000 population - 6,000 pounds
Between 5,000-10,000 population - 4,000 pounds
Between 2,000-5,000 - 3,000 pounds
Between 1,000-2,000 - 2,000 pounds
With less than 1,000 - 1,000 pounds

6. Gardeners must dedicate all produce from a portion of a home garden, a community garden or a school garden to be solely donated to the local food pantry or church.
7. IF YOU DON'T GARDEN? Don't worry, you can help with raising funds, community gardening or volunteering to help the food pantry with distribution.
8. Each gardener will receive a sheet to "weigh-in" produce as it is delivered. The donations will be officially recorded only if delivered to food banks and/or individuals in a timely manner.
9. All edible crops are eligible - lettuce, radish, carrots, herbs, potatoes, tomatoes, sweet corn, peas, greens, beans, cucumbers, squash and pumpkin.
10. PLEASE limit zucchini to one plant per community.
11. Communities or gardeners that excel in donations will be rewarded at the end of the season. More details coming.
12. Garden signs should be available by the end of May.
13. Ideas or suggestions should be emailed to suebalcom@nd.gov, or call 800-242-7535.

GOAL: 500,000 pounds of food

