



Inter-Faith Food Shuttle
We feed. We teach. We grow.

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.

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/volunteer.

Please log each donation on our **Self Reporting Form** at foodshuttle.org/program/plant-a-row.

Wake Co. 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 log donations on the PAR clipboard.

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.

Midtown Farmers Market

4150 Main St. (at North Hills St.)
Raleigh, NC 27609
Saturday 8:00 – 11:45 a.m.

For drop-off sites in other areas, visit our foodshuttle.org/program/plant-a-row.

Questions about the PAR program?

Lindsay at the Food Shuttle: localproduce@foodshuttle.org • (919) 250-0043 • foodshuttle.org/program/plant-a-row

Safety and Quality Guidelines

Please keep in mind this fabulous produce is going out to individuals and organizations for quick consumption; for this reason we ask that you follow the guidelines below.

- We do not accept produce grown with manure or other organic matter not composted to USDA Organic standards.
- We request that you not use pesticides on PAR produce.
- Please visually inspect produce for dirt and bugs before donating.
- Please wash or brush away any visible dirt.
- Pick early in the day for best quality.
- After harvest move produce quickly into shade and keep cool. (Tomatoes do not need refrigeration.)
- 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** 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 stop hunger in the Triangle:

- Volunteer on a farm as a Gleaner
- Help on site at the IFFS farm and gardens
- Be a Chef, Nutritionist, or 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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