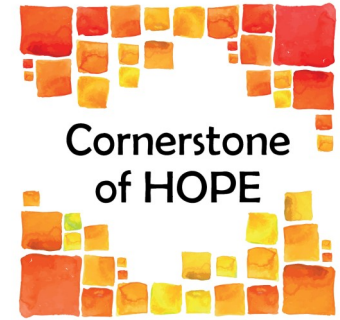




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## Produce for Pantries



## Helping Individuals throughout South Central Wisconsin



## Food should be a matter of conscious not a matter of money:

Access to high quality nutrition for everyone is a cornerstone of a caring community. Many seniors have to make the decision between buying food or their medicine. Hundreds of children in the school system qualify for free/reduced breakfast and/or lunch programs during the school year. Have you ever asked what are these children eating in the summer when there is no school? Summer is the time of abundance and our children and seniors go hungry!



### How Can You Help? Its Easy!

Please join other local gardeners by growing vegetables and donating your extra produce to area pantries or senior centers. Gardens do not need to be large to make an impact. 100 gardeners donating an average of 2 pounds per week to local pantries all summer would produce almost 2,000 Pounds (1 Ton) of nutritious food for area families. All the food grown will be distributed in the community, it is grown to help your neighbors in need.

## Three Ways to Help

**1) Plant a garden:** Do you have a spot in your back yard where you always wanted to start a garden - now is the time. Let Cornerstone help you get started. We will supply you with the all the materials for a raised bed garden, including dirt and seeds. We will provide information on getting started and all we ask is that you donate your surplus to a local food pantry.



**2) Plant a row for others:** Plant an extra row of one or more vegetables in your garden to help others needing nutritious food. This is another way for current gardeners to help feed those in need. We will provide you with the seeds needed for this extra row if



**3) Think outside the box:** Don't have the space at home, talk to your church about placing a raised bed on the grounds. Imagine how much food would be donated if every Sunday school class in the county planted one raised garden at their church. Food could go to church members or be dropped off at a senior center or local pantry.



## Help us help those in need:

Contact us at

**Cornerstone of Hope, Inc.**  
**Attn: Produce for Pantries**  
**P.O. Box 8164**  
**Janesville, WI 53547-8164**  
**Or email us at**  
**[produce@csohwi.com](mailto:produce@csohwi.com)**

The Produce for Pantries Committee will email to confirm your application and set up your pick up time. Church and Business Project leaders will be notified in advance of the start date so they can prepare for the work crews and material delivery.

Need more information or need someone to make a presentation to your group? Our Garden volunteers are available to set up an informational session for your group. Contact us at 608-563-4673