

# AmpleHarvest.org<sup>(SM)</sup>

"Sharing your garden bounty with Neighbors in Need"

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AmpleHarvest.org founder Gary Oppenheimer on CNN Heroes



Sharing Your Garden Bounty  
with Neighbors in Need

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[The AmpleHarvest.org Inc. 2010 Report](#)  
is now available online.

If you are in need of food assistance for your family, please click [here](#)

## Food for Thought

An estimated 100 billion pounds of food, enough to totally eliminate hunger, is thrown away annually in the United States.

It does not have to be this way - and you can help.

Your \$50.00 donation helps  
more food pantries get  
more fresh food.



3,079 food pantries across America already registered on AmpleHarvest.org. [Click here to help your own neighborhood food pantry sign up too!](#)

[Read what others are saying about AmpleHarvest.org](#)

[Click here to download the NEW AmpleHarvest iPhone app.](#)



## Gardeners

Find a food pantry near you, get the information you need to arrange for your donations. (It's free!)

[Find A Pantry Near You](#)

## Food Pantries

Register your food pantry so local gardeners wanting to make donations can find and contact you. (It's free!)

[Register A Food Pantry](#)

One out of six Americans needs food assistance, but can't get fresh produce from the local food pantry.



Millions of American homeowners grow more food in their backyard gardens than they can possibly use.

## It Doesn't Have to Be This Way!

AmpleHarvest.org envisions an America where millions of gardeners eliminate malnutrition and hunger in their own community using only their backyard gardens.

## Printable Documents

[General Information](#)  
[Flier for community bulletin boards & garden shops](#)  
[Gardener/farmer information](#)  
[Food pantry information](#)  
[Frequently Asked Questions](#)  
[Find more documents here](#)

[AmpleHarvest.org as seen](#)



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While 50 million Americans are food insecure, more than 40 million gardeners grow more vegetables, fruit, herbs and nuts than they can use, preserve or give to friends.

## It doesn't have to be this way.

Since May 2009, the AmpleHarvest.org<sup>(sm)</sup> Campaign, enabling America's home gardeners find, and then share their garden bounty with local food pantries, has been rolling out nationwide. **Its goal is to diminish hunger in America by educating, encouraging and enabling gardeners to donate their excess garden produce that otherwise might have been left to rot in the garden or been thrown away.** Instead, freshly picked produce is donated to neighborhood food pantries for their clients within hours of harvesting. Our vision is an America where millions of gardeners eliminate malnutrition and hunger in their own community.

AmpleHarvest.org has received support from many groups including

- Google Inc.
- U.S. Department of Agriculture and the EPA
- National Gardening Association and Garden Writers of America
- United Way and National Hunger Hotline (WHY Hunger.org)
- Veterans of Foreign Wars, AARP, Rotary International
- Numerous faith groups
- Food/Hunger bloggers
- Feeding America and many food banks overseeing the pantries.

Created by CNN Hero Gary Oppenheimer, AmpleHarvest.org is a one of a kind national resource - not just providing a list of local food pantries - it also offers driving instructions from the donors home to the pantry, allows the pantry to post a photograph of their building to make it easier to find and enables the food pantry to inform the public EXACTLY what store bought items they do or do not want (for non-gardening donors).

AmpleHarvest.org is not a "static" list. Each food pantry opts in to register itself and can then update the information itself as needed. It is quick and easy, and provides immediate visibility to the local community that it has never had before. More than 3,500 food pantries across America are already registered and more are signing up every day.

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AmpleHarvest.org Registered Food Pantries



Food pantries registered at AmpleHarvest.org as of Feb 2011

Once a pantry has registered at AmpleHarvest.org, a boilerplate press release announcing its participation is available on the site for their use.

### **You can help us diminish hunger in your community.**

- Seek out a neighborhood food pantry and urge it to register at AmpleHarvest.org. Pantries can be found in local houses of worship, YMCAs, and other civic organization locations.
- Visit [www.AmpleHarvest.org/gardenshop](http://www.AmpleHarvest.org/gardenshop) and distribute its flier to garden shops, nurseries, the lawn and garden section of your local Lowes/Sears/Wal-Mart/Home Depot, etc., supermarket and library bulletin boards and other community venues. Help more backyard gardeners learn about the AmpleHarvest.org Campaign.

**Although times are tough, AmpleHarvest.org helps people support their local food pantry by enabling them to reach into their backyard instead of their back pocket.**

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## Frequently Asked Questions

### General Questions

**Q. What exactly is the AmpleHarvest.org campaign?**

A. It is a nationwide effort to diminish hunger in America by making it easy for millions of backyard gardeners across the country to quickly find local food pantries eager to receive freshly picked crops for their clients. AmpleHarvest.org enables gardeners to find food pantries within a specified distance of their home and then view the pantries desired day/time for receiving donations.

AmpleHarvest.org also displays personalized driving instructions to the pantry as well as (if provided) a photograph of the pantry - making it easier to find.

Lastly, for the benefit of gardeners during a non-growing season or anyone else interested in making a donation, AmpleHarvest.org also provides pantries the opportunity to list store bought items they are in particular need of.

Although there are a number of excellent programs that help farmers and community gardens get produce to food banks, AmpleHarvest.org is a national campaign focused on helping local gardeners find neighborhood food pantries.

AmpleHarvest.org, Inc. is a 501(c)(3) charitable organization (EIN #27-2433274).

**Q. What is the difference between a food bank and a food pantry?**

A. Food Banks are large scale operations that collect and distribute food and other household items to local food pantries, soup kitchens, etc. Food Pantries are local walk-in facilities where families in need go to get food. The typical food pantry operates out of a local house of worship or other civic building. Most of the food distributed by the pantries are packaged, canned or dry goods. Refrigeration is usually limited to dairy items such as milk and cheese. Produce is rarely available. (Note that in some states, the term "food bank", "food closet", "food shelf" or "food cupboard" also refers to a food pantry.)

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**Q. How many food pantries are there in the country?**

A. No one knows for sure. According to a study by Feeding America in 2010, there were 33,500. By some estimates, there may be as many as 40,000. Whatever the number, it is too large.

**Q. Why don't pantries offer fresh produce?**

A. Unlike supermarkets that get deliveries from food wholesalers daily assuring that you will get fresh produce, food banks and other sources do less frequent deliveries of food to pantries. As such, lettuce or tomatoes that looked great on Monday when the food bank got them would be pretty limp or mushy a week later when finally delivered to the local food pantry.

Backyard gardeners however can harvest their produce and deliver it to the pantry on the same day. Furthermore, if the pantry client's pick up the produce that same day, they will benefit from eating food that is even fresher than what can be purchased at a food store.

**Q. Why do gardeners grow more food they can use?**

A. In an ideal world, gardeners would plant only enough to satisfy the needs of themselves and their friends. The reality of gardening (and farming in general) is that all sorts of things beyond the control of the gardener influence the ultimate size of the harvest. In a growing season with lots of sun, adequate rain, no late or early frosts, no serious pest problems (small pests such as fungus, pests a bit larger such as insects, pests a lot larger such as ground hogs or rabbits, and very large pests such as deer) etc., the grower gets a larger harvest. If however, any of the above appear (more often than not, several can appear at the same time), the harvest is significantly reduced.

Because the gardener never quite knows how good (or bad) the growing season will be, they usually grow more plants than they need--just in case a fungus laden insect traveling in the fur of a deer sized ground hog attacks the garden. The result is that if one or more of these bad things do not attack the garden, the harvest can easily exceed the needs of the grower.

AmpleHarvest.org exists to insure that the extra produce gets to food pantries instead of being left to rot in the garden.

**Q. I don't garden/am not gardening right now... can I still contribute?**

A. Not everyone gardens and gardeners do not garden all the time. Food pantries need fresh produce - but they also need a variety of store bought items all year long.

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**Q. I don't garden/am not gardening right now... can I still contribute? (cont.)**

Pantries are encouraged to add information to their AmpleHarvest.org page listing store bought items they are most in need of (they may also list items they don't need!). If the pantry you found has listed store bought items they need, buy what you can afford on your next shopping trip (or check your kitchen cabinets) and drop them off at the pantry at the day/time they listed for donations.

Please check the expiration date on the items you are bringing to a pantry (from your home or from a store). Even canned goods expire. Food pantries do not distribute and will dispose of food past its expiration date.

**Q. I think this is a great idea... how can I help?**

A. Although there are more than 3,500 food pantries across all 50 states already registered on AmpleHarvest.org, the key to the continued success of the AmpleHarvest.org Campaign is increasing the public awareness of the effort.

As more pantries AND gardeners learn about it, more food will find its way from backyard gardens to the kitchens of those who need it most

And you can help.

- Tell your friends and family about AmpleHarvest.org
- If your house of worship, town hall, community building, etc. houses a food pantry, inform the pantry manager about AmpleHarvest.org by giving them the flier at [www.AmpleHarvest.org/pantry](http://www.AmpleHarvest.org/pantry).
- If someone you know gardens or belongs to a garden club or community garden, give the flier at [www.AmpleHarvest.org/gardener](http://www.AmpleHarvest.org/gardener).
- You can print out the flier at [www.AmpleHarvest.org/gardenshop](http://www.AmpleHarvest.org/gardenshop), take it to your local
  - garden shop
  - nursery
  - lawn and garden section of your local Home Depot/Lowes/Sears/Wal-Mart, etc.
  - hardware store

and ask them to post it by their cashier or in another conspicuous location. You might also want to post a copy on the public bulletin board at your local

- library
- supermarket
- house of worship
- health club/recreation facility

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Q. I think this is a great idea... how can I help? (cont.)

- Put a link from your web site to [www.AmpleHarvest.org](http://www.AmpleHarvest.org). Several graphics are available for your use:



- These graphics are also available as widgets at [www.AmpleHarvest.org/links.php#Widgets](http://www.AmpleHarvest.org/links.php#Widgets). Please email [info@AmpleHarvest.org](mailto:info@AmpleHarvest.org) for assistance with setting up the link.
- You can help to sustain the AmpleHarvest.org Campaign by making a monetary contribution. Donations of \$1,000 or more earn a special listing on the AmpleHarvest.org site (and our eternal gratitude). However, any contribution, large or small, one time or recurring is greatly appreciated and will help AmpleHarvest.org diminish hunger in America.

Please visit [www.AmpleHarvest.org/donate](http://www.AmpleHarvest.org/donate) for additional information or to make a contribution to the AmpleHarvest.org Campaign.

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## Food Pantry Questions

**Q. Is the AmpleHarvest.org campaign different from Plant-A-Row for the Hungry?**

A. Yes. Both programs work very hard to get fresh garden produce to the food insecure. While AmpleHarvest.org is focused on fresh produce from millions of backyard gardeners nationwide, PAR works largely with farms and community gardens in select locations. AmpleHarvest.org offers gardeners online real-time information about their neighborhood pantries. Additionally, AmpleHarvest.org also offers gardeners and non-gardeners alike, the opportunity to see what store bought items the food pantries in their community are most in need of. A food agency can easily participate in both programs.

**Q. Our pantry has no refrigeration for storing produce, what do we do?**

A. Because many pantries have limited refrigeration capacity with little or no room for bulky produce such as lettuce or melons, they usually provide only canned fruits and vegetables.

AmpleHarvest.org solves this problem.

On the **Register a Pantry** page, you are encouraged to put the day[s] of the week and the time of day that gardeners should deliver their produce to you. You can then invite your clients to come later that same day to get the garden fresh produce. The produce should be in and out of your pantry within 1 to 2 days at most. Any produce harvested from a backyard garden can survive quite well without refrigeration for a day or so.

**Q. How does our pantry register on AmpleHarvest.org?**

A. Go to the **Register A Pantry** page and fill in the information in the shaded part of the page.

Here are some helpful hints about registering:

1. Select a user name and password that is easy for you to remember, but not easy for others to guess. You will need your email and password in the future if you want to update the information on your page. Passwords should be at least 7 characters long.
2. The Street Address field should contain ONLY the address - no PO Box numbers, no floor numbers, etc. All words should be spelled out. AmpleHarvest.org uses Google Maps to help gardeners locate your pantry. If Google Maps does not recognize your address, it will not process properly. If you are in doubt, go to <http://maps.google.com/> and enter your street address followed by your zip code (i.e. 123 Main Street 10024). If Google Maps shows your location properly, enter it into AmpleHarvest.org. Otherwise try testing a variation of your address. For example, if 10 Saint Marks Pl does not work, try 10 St. Marks Pl instead.
3. Make sure that the State field properly displays your state.



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**Q. How does our pantry register on AmpleHarvest.org? (cont.)**

4. If you have a digital camera, you may want to take a photograph of the front of your pantry - it may make it easier for gardeners to find. Photographs should be up to 1000 X 1000 pixels and in a .jpg format.
5. Many pantries are using the Additional Information field to list store bought items the pantry also needs - enabling non-gardeners to also help out your pantry.
6. Lastly, \*carefully\* type the characters in the shaded box. This helps to assure that only accurate information is added to the data files.

**Q. Our pantry just registered on AmpleHarvest.org. What should we do next?**

A. There are several steps you can take:

1. Send an announcement to the local press and electronic media announcing your participation in the AmpleHarvest.org campaign. A sample press announcement and sample logos is available at [www.AmpleHarvest.org/downloads/Pantry-Public-Announcement-Letter.doc](http://www.AmpleHarvest.org/downloads/Pantry-Public-Announcement-Letter.doc) for your use.
2. Let other food pantries and similar agencies in your area know about the AmpleHarvest.org. You may want to email or fax information about AmpleHarvest.org to these neighboring pantries. A sample email announcement is available at [www.AmpleHarvest.org/downloads/email%20note.txt](http://www.AmpleHarvest.org/downloads/email%20note.txt).
3. If your food pantry has a web page, put a link on your page to the [www.AmpleHarvest.org](http://www.AmpleHarvest.org) site.

**Q. When might we start getting some garden produce for our clients?**

A. That will vary greatly based on the time of the year, what type of growing season your region experienced, and how the backyard gardeners in the area prefer to plant their gardens.

Some backyard gardeners grow a single crop for the year. They may plant only tomatoes for example, and if that is the case, you will start seeing them come in the mid to late summer as the harvest continues. Others plant three separate crops; a spring cool weather crop (lettuce, broccoli, peas, beans, etc.) that will be ready for harvest around June, a warmer weather crop (tomatoes, peppers, berries, etc.) that will be harvested in the late summer, and a fall cool weather crop (winter squash, carrots, potatoes, etc.) that may come in the late Fall. It all depends upon what the gardener decided to grow.

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**Q. How much produce should we expect to receive for our clients?**

A. That again will vary greatly based on what type of growing season your region experienced and how many backyard gardeners are in the area.

A growing season with terrible weather (too much or too little rain, late or early frosts, etc.) or pest problems may result in a smaller than desired crop leaving the backyard gardeners with enough for their own needs and not enough to share.

**Q. How much produce should we expect to receive for our clients?**

Another item influencing the amount that you will see is the nature of the surrounding area. A food pantry in a large metropolitan area may not have the benefit of many backyard gardeners in the immediate vicinity, so they may see a smaller benefit. Pantries in suburban or rural areas however should see a significantly larger volume of deliveries simply because there are more backyard gardeners in the vicinity.

**Q. Our food pantry is in a large city, should we even bother to get listed on AmpleHarvest.org?**

A. Absolutely YES.

Nationwide, we are seeing a resurgence of gardening in cities--abandoned plots, CSA's, community gardens, roof top gardens, and even "upside-down" tomato growing. Even the White House now has its own vegetable garden! Someone growing in the city can harvest as much as their rural counterparts. All they need is good soil, sun, rain and like every other gardener, some luck. Even apartment dwellers growing herbs such as chives, mint, parsley, etc. in a sunny window can contribute.

**Q. Should we report the produce donated by local gardeners?**

A. Some food banks have expressed an interest in receiving this information so you should contact yours to see if this information would be helpful to them.

Gardeners are welcome to send an email to [IShared@AmpleHarvest.org](mailto:IShared@AmpleHarvest.org) when they share their bounty. AmpleHarvest.org itself does no tracking of gardeners seeking food pantries nor the amount of produce donated.

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**Q. Can AmpleHarvest.org help us get donations of store bought items?**

**A. YES.**

You can use the Additional Information: field on your listing to let the public know what store bought items you are in particular need of, such as pasta, cereal, toothpaste, etc. Anyone using the free AmpleHarvest iPhone app while they are shopping will be able to quickly see which items your food pantry most urgently needs.



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## Backyard Gardener Questions

### **Q. What do I do if AmpleHarvest.org does not list any food pantries in my neighborhood?**

Your help can be critical here.

Food pantries are often "under the radar"--they do not have a web site, signs on the front door, or yellow page listing. That is why we created AmpleHarvest.org, to make it possible to find a pantry in your neighborhood.

If we do not list a pantry in your area, please help us find one. How? See if a place of worship or other civic organization in your community has one. Call your regional food bank ([www.feedingamerica.org](http://www.feedingamerica.org) can help you find it) and ask them if they can help you.

Once you find one, contact them to see if they'll accept your produce. ALSO, please ask them to visit [www.AmpleHarvest.org](http://www.AmpleHarvest.org) or print out [www.AmpleHarvest.org/pantry](http://www.AmpleHarvest.org/pantry) and give it to them. You can also ask them to contact the other nearby food pantries to let them know about AmpleHarvest.org. If they are not Internet savvy, you may want to help them register on AmpleHarvest.org.

Once they are registered, the next backyard gardener in your area looking to share their bounty will not experience the problems you did.

### **Q. I love the idea of sharing my produce, what do I do once I have found a pantry?**

First and foremost, see if a preferred delivery day of the week and time of day is listed. It is important to adhere to the pantries scheduling information if they provide it so as not interfere with their operations. If no day/time is listed, call or email them to find out when they would like you to deliver the produce.

On the day of your planned delivery, harvest your crops in the early morning while they still have some of the coolness of the evening air. If they have dew, wipe them dry with a paper towel. Each item should be visually inspected for serious bruising, insect damage, and ripeness. **Do not donate produce that you would not buy for your own family.** Produce that is overripe, has mushy spots, or is seriously blemished should either be made into a soup, stew, or go into a compost pile but not donated. (Note, if you used any pesticide on your garden, please take the time to clean each piece of produce as recommended by the pesticide manufacturer on the label before you let anyone eat it.)

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**Q. I love the idea of sharing my produce, what do I do once I have found a pantry? (cont.)**

Next, unless they have given you other instructions, package your produce in paper supermarket bags and take them to the pantry at the requested time. If you find the pantry convenient to get to, you can continue to share your produce with them through the rest of the growing season. Alternatively, you may decide to go back to AmpleHarvest.org next time and select a different pantry - spreading your produce over several pantries.

Whichever way you choose to do it, it will be greatly appreciated. Lastly, please remember to let your fellow gardeners know about AmpleHarvest.org, so they can share the bounty of their garden at their harvest time.

**Q. I have "a lot" of tomatoes but only "a handful" of cucumbers, should I bother to bring them?**

Yes! The produce you bring will be pooled with that of other backyard gardeners in your area. For all you know, the next gardener might bring only 3 tomatoes and two bags of cucumbers.

Remember, the key thing is that food should not be wasted, especially when so many Americans are having a hard time feeding their families.

Your bounty, large or small, will help to diminish hunger in America.

**Q. Do the pantries care if I grow organically?**

A. Most do not - they are perfectly happy with fresh produce, organic or not. HOWEVER, you may want to let the pantry know if you use organic methods in case one of their clients prefers it. Having said that, if you do grow organically, you will harvest healthier food with without depleting the earth as much.

**Q. Growing season is over... can I still donate to a food pantry?**

A. Pantries need your help all year long. Visit [www.AmpleHarvest.org](http://www.AmpleHarvest.org) to see if your local pantry has listed any store bought items that they are in particular need of. Any donations will help.

**Q. Would you like to know if I shared my garden bounty?**

A. We'd love to know about it. Send an email to [IShared@AmpleHarvest.org](mailto:IShared@AmpleHarvest.org) and let us know how much produce you were able to share. You might also want to visit our Facebook page and post the information there too. There is no need to identify yourself if you do not want to, simply sign it with your initials and your city and state.

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**Q. I know about a food pantry that is not on AmpleHarvest.org, what should I do?**

A. Just because you know about the pantry does not mean that other backyard gardeners in your area also know about it.

Please make every effort to inform the pantry about AmpleHarvest.org. The key to success of the campaign is to have as many food pantries as possible listed on the site.

The best thing to do is either to visit the pantry and suggest that they go to [www.AmpleHarvest.org](http://www.AmpleHarvest.org) to list their pantry, or if they do not have Internet access, print [www.AmpleHarvest.org/pantry](http://www.AmpleHarvest.org/pantry) and give it to them. They may need your help to actually do the registration. Please remind them that there is absolutely no cost or obligations involved with listing on AmpleHarvest.org.

**Q. How do I let other gardeners know about AmpleHarvest.org?**

A. Please print out [www.AmpleHarvest.org/gardenshop](http://www.AmpleHarvest.org/gardenshop) and post it wherever other gardeners in your community are likely to see it.

**Q. What happens if someone becomes ill after eating something I donated to a food pantry?**

A. You are protected by the Emerson Good Samaritan Food Donation Act signed during the Clinton administration. The Act is intended to encourage donations of food to nonprofit organizations while providing the donor with "Good Samaritan" protection. You are provided protection from criminal and civil liability providing you did not exhibit gross negligence. The text of the act is at [www.usda.gov/news/pubs/gleaning/appc.htm](http://www.usda.gov/news/pubs/gleaning/appc.htm)

