

AmpleHarvest.org & Feds Feed Families



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AmpleHarvest.org & Feds Feed Families

America's Gardeners

(especially federal employees)

Ending Hunger & Food Waste

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AmpleHarvest.org is a nationwide 501c3 non-profit running a 50 state program ending hunger and the waste of food from 62 million home and community gardens.





In EVERY Community In America

There Are Two Audiences....

~~42~~ 62! Million Home & Community Gardeners



40% of All Households

2.1 million Federal Employees



840,000 Home & Community Gardeners

Home Gardens



Community Gardens



Container Gardens



Roof Top Gardens





Gardeners Harvest Enough Surplus To Feed 28 Million People

~~40~~ 42! million food insecure people







Hunger In America Isn't Due To A Lack of Food



**It is Due To
Misinformation and Missing Information**

The past:

“Jars, Cans, Boxes – *No Fresh Food*”

Chokepoint in our **food system**



203 Food Banks Nationwide

33K Pantries



42M Hungry People



SOLVED

“Jars, Cans, Boxes –

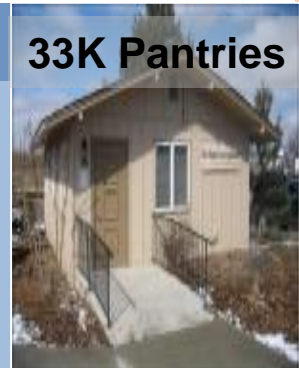
Chokepoint in our food system



203 Food Banks Nationwide



33K Pantries

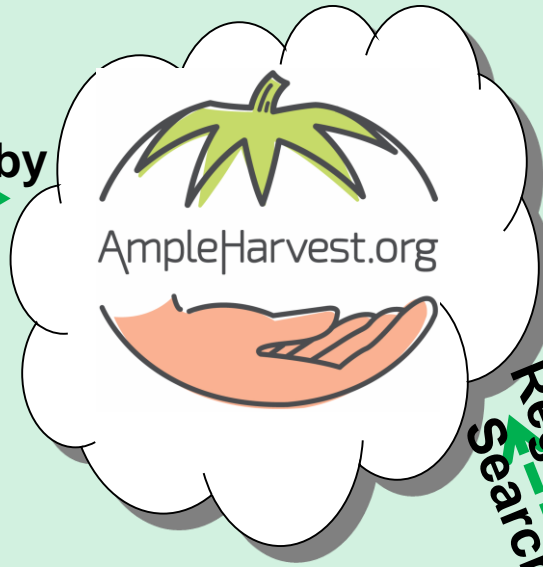


42M Hungry People

62M home growers



Find A Nearby
Pantry



Register to be
Searchable



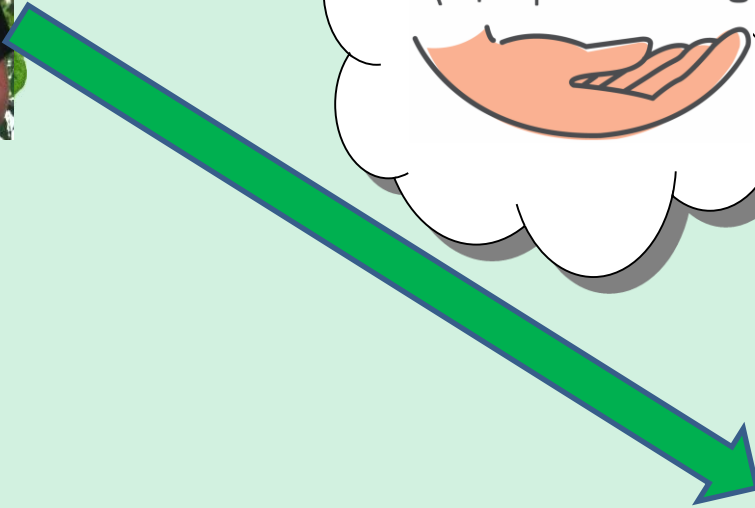
42M Hungry People

203 Food Banks Nationwide

Time



62M home growers



42M Hungry People



203 Food Banks Nationwide



Anytown, USA



Is There An AmpleHarvest.org Food Pantry Near Me?



Is There An AmpleHarvest.org Food Pantry Near Me?



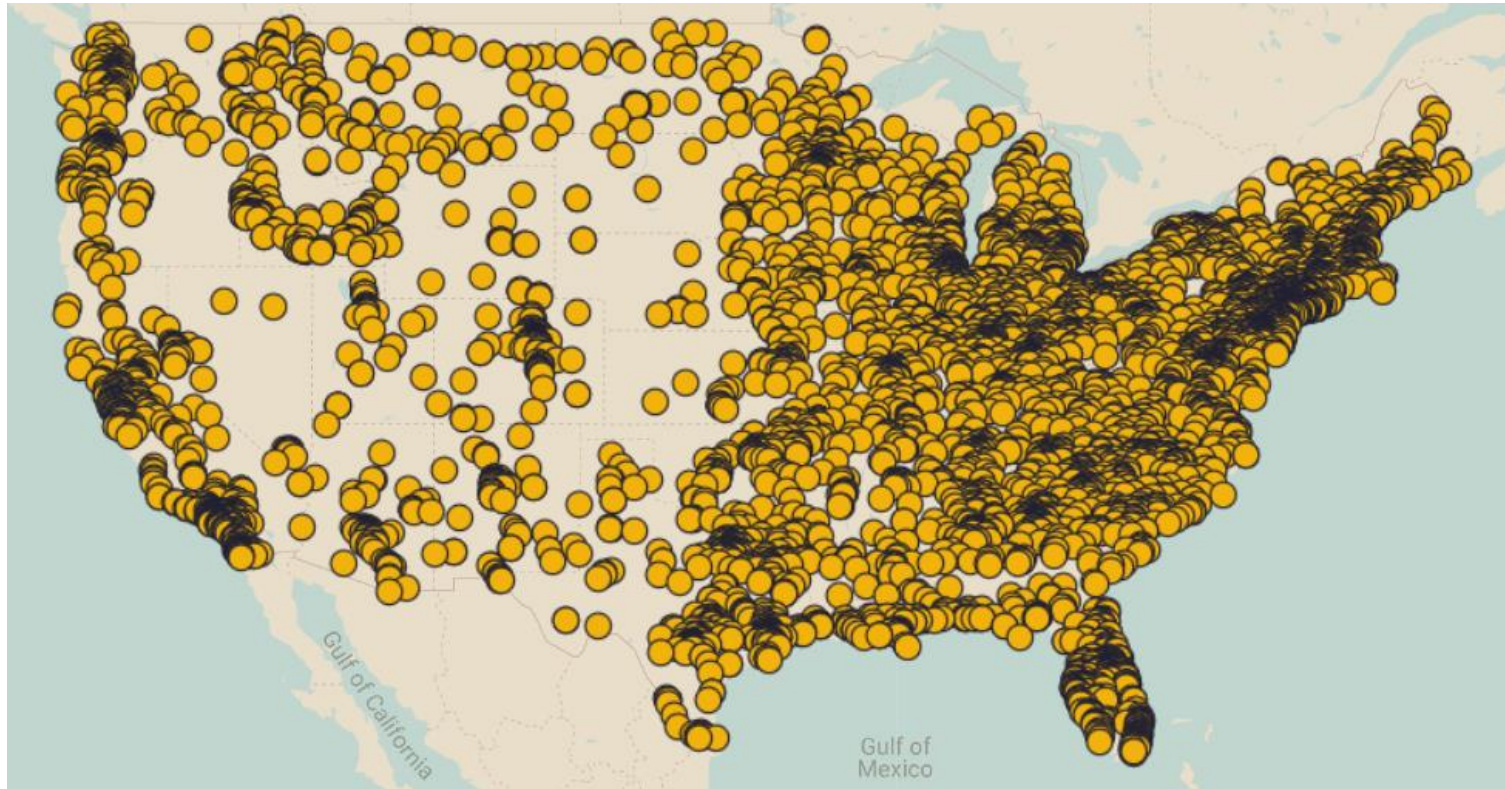
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Is There An AmpleHarvest.org Food Pantry Near Me?



**More than 8,000 food pantries
In 4,200 communities
Across all 50 states**

www.AmpleHarvest.org/FFF

A screenshot of the Feds Feed Families website. At the top is the FFF logo. Below it is the text 'Find A Food Pantry Accepting Fresh Food Donations' in orange, followed by 'Got Questions? Check our FFF FAQ here.' in black. The main content area is divided into two sections: a map on the left and a list of pantries on the right. The map shows Washington, DC, and surrounding areas with several orange pins indicating pantry locations. The list on the right is titled 'Pantries' and includes the following entries:

- Marthas Table**: 2114 14th Street NW, Washington, DC 20009, USA. [View on map](#)
- Miriam's Kitchen**: 2401 Virginia Avenue NW, Washington, DC 20037, USA. [View on map](#)
- Bread for the City**: 1926 Seventh Street, NW, Washington, DC 20001, USA. [View on map](#)
- Table Church Food Pantry**: 1459 Columbia Rd NW, Washington, DC 20001, USA. [View on map](#)
- So Others Might Eat**: 71 O Street NW, Washington, DC 20001, USA. [View on map](#)
- DC Central Kitchen**: 425 2nd Street NW, Washington, DC 20001, USA. [View on map](#)

www.AmpleHarvest.org/FFF

A screenshot of the website's interface. At the top is the 'Feds Feed Families' logo. Below it is the heading 'Find A Food Pantry Accepting Fresh Food Donations' in orange, followed by a link 'Got Questions? Check our FFF FAQ here.' in black. The main content area is split into two parts: a map on the left showing Washington, DC, and its surrounding areas with several orange location markers, and a list of pantries on the right. A large green arrow with a blue outline points from the text 'Click More Information and Directions' towards the 'View on map' links in the list.

Find A Food Pantry Accepting Fresh Food Donations

Got Questions? [Check our FFF FAQ here.](#)

Pantries

- Marthas Table**
2114 14th Street NW, Washington, DC 20008, USA
[View on map](#)
- Miriam's Kitchen**
2401 Virginia Avenue NW, Washington, DC 20037, USA
[View on map](#)
- Bread for the City**
1926 Seventh Street, NW, Washington, DC 20001, USA
[View on map](#)
- Table Church Food Pantry**
1459 Columbia Rd NW, Washington, DC 20001, USA
[View on map](#)
- So Others Might Eat**
71 O Street NW, Washington, DC 20001, USA
[View on map](#)
- DC Central Kitchen**
425 2nd Street NW, Washington, DC 20001, USA
[View on map](#)

Click More Information and Directions

Bread for the City

Pantry #126

Bread for the City operates DC's largest food pantry, and provides other free services to the city's low-income residents: a medical clinic, legal advice and representation, social services, and clothing -- all in an atmosphere of dignity and respect.

This listing was last updated **Sep 3, 2021**

Pantry Description

A large, bright green arrow pointing from the 'Pantry Description' text towards the 'Bread for the City' title.

Pantry Location & hours

Location & Open Times

Mondays
9:00 AM - 5:00 PM

Tuesdays
9:00 AM - 5:00 PM

Wednesdays
9:00 AM - 5:00 PM

Thursdays
9:00 AM - 5:00 PM

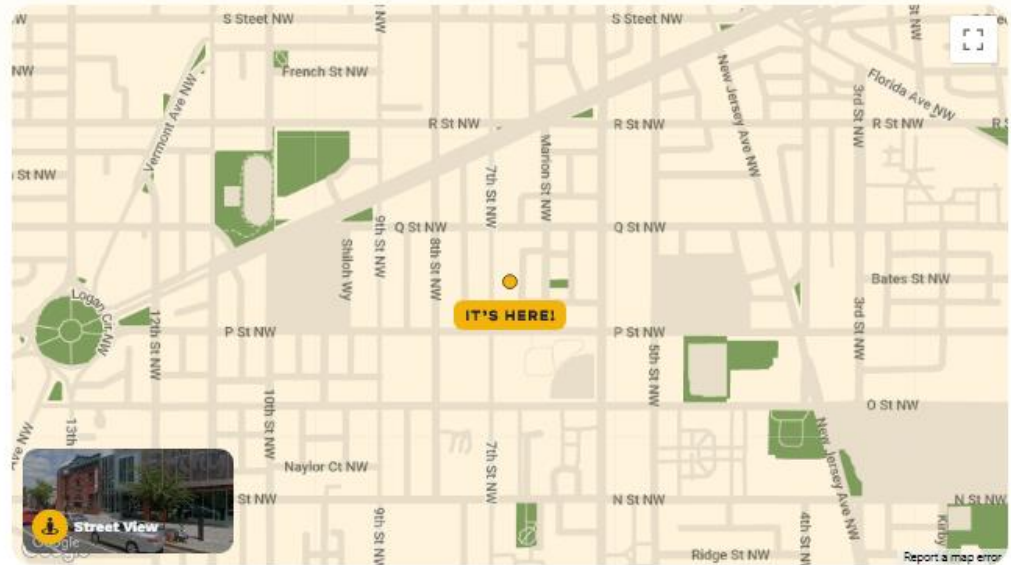
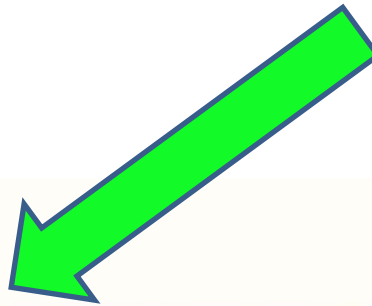
Fridays
CLOSED

Saturdays
CLOSED

Sundays
CLOSED

Monday-Thursday 9-5

Hours updated 45 weeks ago



1525 Seventh Street, NW,
Washington, DC 20001, USA

[Get Directions](#)

Phone
202.386.7601

Point of Contact
**Sharon
Gruber**

ProducePedia

ProducePedia is a free resource that covers the types of fresh produce that can be delivered to food pantries. Each entry includes **information on color, taste, and possible uses**. People unfamiliar with the vegetable or fruit will learn how to use it, and those who are familiar with it still might learn a fun fact or two!

[VISIT PRODUCEPEDIA](#)



Produce

ProducePedia is a free online encyclopedia that includes information on how to use it, and

[VISIT PRODUCEPEDIA](#)



ARTICHOKE



Artichokes are vegetables that grow in two different varieties; the Globe Artichoke and the Jerusalem artichoke.

NUTRITIONAL INFORMATION

- Artichokes are high in antioxidants which allow your immune system to function properly.
- Artichokes are high in fiber! This aids in healthy digestion.
- Artichokes are a low-fat food. This will aid in healthy cholesterol levels which decreases risk of heart disease.

HOW TO STORE

- It is best to store artichokes in the refrigerator. This will keep the vegetable fresh for longer.
- After artichokes are cooked, you may freeze them for six to 8 months

HOW TO PREPARE

- Rinse artichoke before preparing.
- Remove the stem, trim sharp tips, and remove core.
- Artichokes may be eaten raw but this is not the most common preparation technique used.

FUN FACTS

- Artichokes are flower buds that have not bloomed.
- Spain, France, and Italy have the most abundant artichoke crops in the world.



Scan this code to view on the web.





DOCUMENT

Send us a photo of your donation

We'd love to see what you donated to this pantry!

SEND PHOTO



SHARE

Share your donation to social media

Tell your friends about the impact that you made.



WRITE OFF

Print a Tax Receipt

Your donation is tax deductible! Print a PDF tax receipt where you can itemize your donation.

PRINT RECEIPT



www.AmpleHarvest.org/FFF



Tear off below and retain for your records.

Feds Feed Families Reporting Form

And

Tax Receipt for Fresh Food Donations

Date				
Pantry Name				
Pantry Address				
Fresh Food Donated	Item	Pounds	Cost per pound at local store	Fair market value of donated food
	<i>Plum Tomatoes</i>	<i>10</i>	<i>\$1.49 / lb.</i>	<i>\$14.90</i>
Totals				
Food Pantry Signature				

Instructions: Itemize your donated fresh food information and then ask the food pantry staff to sign it.

Make a photocopy of the form: place **one copy in the FFF food collection box** at your office and keep the **second for your tax records**. Please email a copy IShared@AmpleHarvest.org or fax it to 866-748-3516.

Note: Consult with your tax advisor concerning the deductibility of your food donations for federal and state taxes.



Solving Food Waste

Most gardeners, given the opportunity, are eager to donate that food to help the community yet never knew that they could - or where to take it.

Solving Hunger

Food pantries nationwide never knew that they could accept locally grown fresh food, and never knew that the gardeners were eager to donate it.



Important Points

- No donation is too small
- Fresh food donations protected by federal law
- Donations can continue after FFF ends
- Donations are tax deductible

More Important Points

- COVID-19 safety guidance available
- Social Distancing built into the model
- Fresh food donations more important than ever for health, immunity and recovery
- Promotes community engagement.

This Is “Food Waste”



Donated By A Home Gardener

This Is “Food Waste”



Donated By A Home Gardener

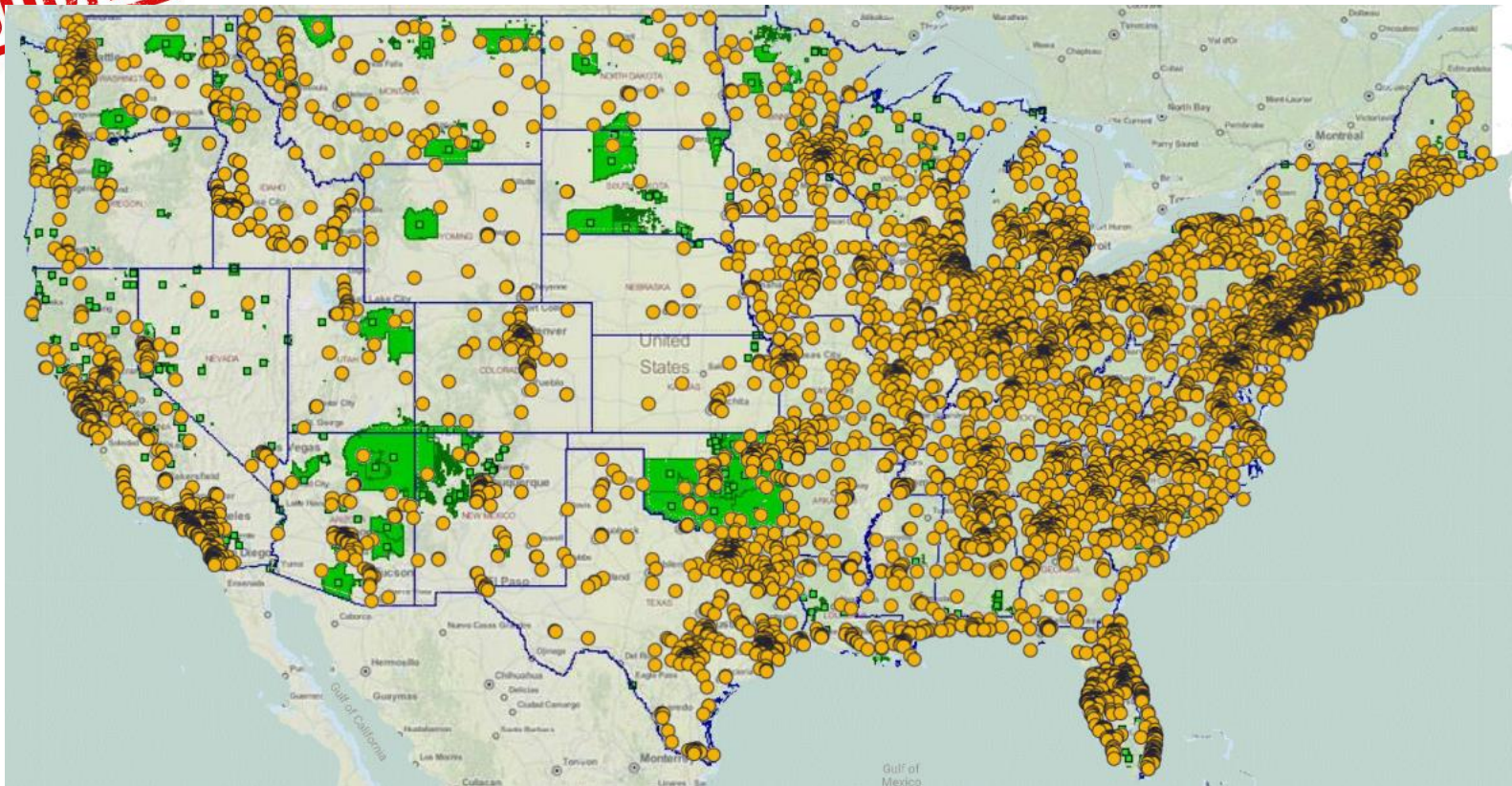
This Is “Food Waste”



Donated By A Home Gardener

AmpleHarvest.org
In Indian Country 

COMING SOON



Get Involved

You can help alleviate hunger and improve the health of your community



[MAKE A DONATION](#)

[More Ways to Support](#)



Get Involved

You can help alleviate hunger and improve the health of your community

[MAKE A DONATION](#)

[More Ways to Support](#)



The UN Sustainable Development Goals



No Poverty

End poverty in all its forms everywhere



Zero Hunger

End hunger, achieve food security and improved nutrition and promote sustainable agriculture



Good Health and Well-Being

Ensure healthy lives and promote well-being for all at all ages



Responsible Consumption and Production

Ensure sustainable consumption and production patterns



Climate Action

Take urgent action to combat climate change and its impacts

Get Involved

You can help alleviate hunger and improve the health of your community

[MAKE A DONATION](#)

[More Ways to Support](#)

Visit www.AmpleHarvest.org/impact

Your generous support makes **this** happen.



Snohomish Community Food Bank

Washington



Whoever Gospel Mission



Center for Food Action

New Jersey



Elwood Community Food Pantry

Additional Resources

Looking to **start gardening** or expand your garden?
Bonnie Plants and AmpleHarvest.org have the perfect
solution for you:

www.AmpleHarvest.org/BonniePlants

Looking to **help more food pantries** in your community
benefit from AmpleHarvest.org?

Visit www.AmpleHarvest.org/local



Questions?

For FFF Champions: Guide: AmpleHarvest.org/FFFposter



Donate Your Surplus Garden Produce To A Food Pantry Near You

www.AmpleHarvest.org/FFF

Thanks to a partnership with AmpleHarvest.org, you can

1. Donate your surplus garden harvest at one of nearly 9,000 local food pantries across all 50 states
2. Make an online contribution

Don't waste any food. Turn those extra tomatoes and cucumbers (or anything else you've grown) into a charitable donation.

Or donate online to help millions of additional growers nationwide donate *their* excess food.

Both Work!

Help your community – and get a tax deduction too*

www.AmpleHarvest.org/FFF

See contributions at work at
www.AmpleHarvest.org/feedback and www.AmpleHarvest.org/atworkvideo

*consult with your tax advisor
Follow us at facebook.com/AmpleHarvest.org or [Twitter.com/AmpleHarvest](https://twitter.com/AmpleHarvest)
info@AmpleHarvest.org



For FFF Champions: Guide: AmpleHarvest.org/FFFguide



Feds Feed Families AmpleHarvest.org

Share Your Ample Harvest With A Food Pantry Near You!


Your Goal: "No Food Left Behind"

This guide illustrates how you can share your garden bounty with one of nearly 9,000 food pantries across America.

Social distancing is built into A

Visit www.AmpleHarvest.org/feedback to

More information is available at www.AmpleHarvest.org/FFF



The days of "Jars, Cans, Boxes – No Fre


Step 1/5

Start at www.AmpleHarvest.org/FFF

Encourage all federal employees to visit www.AmpleHarvest.org/FFF so they and their friends/neighbors can learn about donating harvested food to a nearby food pantry. for the rest of their gardening life.

Step 2/5

Enter your home zip code and press to bring up a listing of pantries, soup kitchens, etc. near you.



Press the "More Information and Directions" the pantry you want to donate to.

Step 3/5

Food Pantry Information



Miriam's Kitchen
2401 Virginia Avenue NW
Washington, DC 20037

Contact: John Murphy
Phone: 2024528926
Fax: 2028358376
Email: john@miriamskitchen.org
Website: www.miriamskitchen.org

Donation Days/Times: Monday-Friday 6 am-6 pm

State Cooperative Extension:
http://www.udc.edu/cooperative_extension/coop_ext.htm



For FFF Champions:

Guide: AmpleHarvest.org/FFFguide

Office Poster: AmpleHarvest.org/FFFposter

For ALL Growers

★ Donating Food: AmpleHarvest.org/FFF ★

FAQ: AmpleHarvest.org/FFFFAQ

Reporting Donations: AmpleHarvest.org/FFFreport

Learn More at

AmpleHarvest.org/TED & AmpleHarvest.org/CNN



Questions?