



Ending Hunger and Malnutrition in Your District

Over 50 million Americans rely on a local food pantry* to help feed their families yet they can't get fresh fruit or vegetables.

Over 40 million gardeners nationwide grow fruit, vegetables and herbs – often more than they can use, preserve or give away.

It does not have to be this way

The AmpleHarvest.org Campaign helps millions of growers across America share their excess harvest with neighborhood food pantries by functioning as a "search engine", thereby enabling the growers within the community to deliver the food to the pantries.

A new food chain now exists for America. Using technology to move information instead of food, AmpleHarvest.org solves the problem of excess supply not meeting demand by connecting food already existing in the community with the local need in a permanent and sustainable manner utilizing only existing resources and infrastructure.

Adding already existing fresh food to augment government and food bank assistance is smart, efficient, and immediately available back home.

AmpleHarvest.org enables any grower to reach into their backyard instead of their back pocket to help their neighbors in need.

This **free** resource has registered more than 6,000 food pantries across all 50 states with more signing up daily. For millions of Americans, it is the **only** way they'll get healthy, fresh food which will help reduced the nation's long term health care costs and tax expenditures.

Here are some ways you can help your district:

Urge all food pantries* to register at AmpleHarvest.org.

Invite your constituents to find them in the community - possibly in a nearby house of worship, YMCA or other civic location. Ask them to then distribute the flier at www.AmpleHarvest.org/pantry to help the pantry register. AmpleHarvest.org's innovative design eliminates the need for added refrigeration or storage at the pantry.

Help your constituents learn about AmpleHarvest.org.

Put www.AmpleHarvest.org/HouseBlogArticle in your newsletter

Help local gardeners learn to share their garden bounty

Urge local garden shops, nurseries, community and bulletin boards to help growers help the hungry by printing and posting www.AmpleHarvest.org/gardenshop .

Help publicize the AmpleHarvest.org Campaign

Ask your local media to visit www.AmpleHarvest.org/press and do a story about people in the district wanting fresh produce for their families from the local food pantry.

Ask your constituents nationwide to follow us

Follow us at facebook.com/AmpleHarvest.org and twitter.com/AmpleHarvest

**may be called food bank, food shelf, food closet, or food pantry in your district*

Within one hour of registering Community Resource Center on the AmpleHarvest.org website I received a call from a local family of four with 10 orange trees.

Comm. Resource Food Pantry, CA

.. AmpleHarvest.org's use of technology to create these community connections is brilliant !

A home gardener, VA

AmpleHarvest.org has been a huge benefit to our partner agencies and has really helped getting fresh fruits to those in need.

Feeding America of San Diego, CA

We have been trying to find a good way to communicate to gardeners which food shelves they can donate to. I think ampleharvest.org is the missing link we have been looking for.

Second Harvest Heartland, MN

The hope is that growers will turn their surplus produce into food for the needy, thereby preventing waste. It's a great idea and a wonderful site.

God's Pantry Food Bank, KY

info@AmpleHarvest.org

5-31/13-House-WaysToHelp

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