

AmpleHarvest.org^(SM)

"Sharing your garden bounty with Neighbors in Need"

Summer 2013 Newsletter



Follow Us

AmpleHarvest.org has been on Facebook and Twitter since 2010. We're now on Pinterest, YouTube and Instagram too. Follow us, contribute to the discussion and help more people learn that the solution to hunger is in your backyard.



**Enter Our
Pledge-A-Veg**

We've reached a Milestone! 6,000 and growing...

AmpleHarvest.org recently announced that the 6,000th food pantry had registered. That means that about 20% of America's food pantries can now



Some of the dedicated people from Second Harvest Food Bank of East Tennessee. One of 6,000 organizations registered on AmpleHarvest.org.

receive fresh food from local growers. It also means that about 80% of America's pantries are still "in the dark". We need your help to assure that every grower who has food to share will be able to find a nearby food pantry eager to accept it. If your house of worship or community center has a food pantry that is not yet registered, please give them the flier at www.AmpleHarvest.org/pantry. Remind them that it is free, they do not need additional refrigeration or storage. We ask growers nationwide to share their ample harvest. The only way they can is if a nearby food pantry can be "found".

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## Photo Contest

Starting July 1, the AmpleHarvest.org "Pledge-A-Veg" Facebook Photo Contest will start. Submit a photo of your garden bounty for a chance to win a **\$300 gift certificate** to [Gardeners Supply Company \(www.gardeners.com\)](http://www.gardeners.com)

It's really simple! Like us on [Facebook](https://www.facebook.com/AmpleHarvest.org) and click on our Photo Contest Tab. Enter your photo and share with your friends. The photo with the most votes at the end of the month will win! The contest runs for the rest of the year and each month we'll be giving away \$300 to [Gardeners Supply Company \(www.gardeners.com\)](http://www.gardeners.com).

Your friends can vote daily so be sure to share your entry regularly on your [Facebook](https://www.facebook.com/AmpleHarvest.org) page. If your friends aren't following AmpleHarvest.org on [Facebook](https://www.facebook.com/AmpleHarvest.org), urge them to "like" us too so they can vote for you.

## Notes from Gary

**Dear AmpleHarvest.org friends and supporters:**

Like you, I waited for winter to end. I waited for soil to thaw so I could work it. I waited for my seedlings to come up. I waited for the weather to warm so I could harden them. I waited for the frost date so I could plant them. Now I'm waiting to harvest. Seems like gardening is a waiting game.

So is hunger.

Waiting for your paycheck so you can buy food. Waiting for the money to run out before the month does. Waiting in line at a food pantry. Waiting to see how your family will react to another PB&J dinner or fruit cocktail in heavy syrup. Waiting to see if a doctor says your kids are overweight or pre-diabetic.

This past March, I was at a conference at the White House with First Lady Michelle Obama. A key take away was the frightening news that 1 out of every 3 American children (and soon to be 1 out of every 2) will become diabetic. For most people, Type II diabetes, obesity and other illnesses of choice come from a poor diet and a lack of exercise. I use the term "illness of choice" because while most of us can choose the food we eat, the choice does not exist for millions of others. They get whatever their food pantry has available. You may choose to have an apple yet another family only gets apple sauce with high fructose corn syrup. Some choice.

You too have a choice. You can choose to help AmpleHarvest.org enable more fresh food get to more food pantries. You can help more kids grow up without risking obesity or diabetes. You can help more parents offer their kids fresh vegetables with dinner and you can help more kids choose to make healthier choices as they grow up.

Today, 1 out of every 4 children (1 in 3 if Hispanic) under the age of six years old lives in a food insecure home. Each of these kids is at serious risk of illness. Each of these kids is at risk of being deemed unfit for military service if they chose to apply. Each of these kids is at risk of dying at an earlier age than their parents. And each of these kids will be growing up eating from the bottom of the food chain instead of from a local ample harvest... unless you help.

Growers nationwide are harvesting their spring crop. Now is the time to support our work – getting more healthy food to more food pantries. Your support of AmpleHarvest.org helps us expand our network and provide the technical support it needs. Instead of just buying some food that will help to feed someone – once, AmpleHarvest.org builds permanent bridges between growers and nearby food pantries, meaning your donations last a lifetime.



Won't you please adopt a pantry? A \$150 tax deductible donation to AmpleHarvest.org helps to add and process a new food pantry, provide the support they need to help connect with local growers, while also helping AmpleHarvest.org's nationwide outreach work. Instead of just feeding people, help AmpleHarvest.org assure that people are fed... For Good.

Online donations can be made at [www.AmpleHarvest.org/support](http://www.AmpleHarvest.org/support) or by mail at [www.AmpleHarvest.org/MailCheck](http://www.AmpleHarvest.org/MailCheck). AmpleHarvest.org also offers virtual food drives for organizations that want to end hunger. Visit [www.AmpleHarvest.org/VirtualFoodDrive](http://www.AmpleHarvest.org/VirtualFoodDrive) to learn more.

We ask growers to reach into their backyards. We're asking you to reach into your back pocket. Both help to end hunger and food waste in America.

It's your choice.



Gary Oppenheimer  
AmpleHarvest.org Founder/Executive Director

## Global Interest in AmpleHarvest.org

AmpleHarvest.org was designed and runs as a solution to hunger built explicitly for the American food bank network. Hunger and food waste however exists globally and so does the opportunity for each country to build its own version of AmpleHarvest.org. For the past several years, AmpleHarvest.org has been sharing its knowledge and experience with food banks and "foodies" around the world as they strive to tweak the AmpleHarvest.org model to make it work in their own situation.

On June 28<sup>th</sup>, AmpleHarvest.org will be presented as a new and exciting hunger solution by its founder and executive director Gary Oppenheimer, at a global philanthropy conference in Greece. You can watch it live at [www.SNF.org](http://www.SNF.org) on Friday morning (EST). Visit our Facebook page ([www.Facebook.com/AmpleHarvest.org](http://www.Facebook.com/AmpleHarvest.org) on June 27 for detailed viewing information).

## Calling All Master Gardeners!

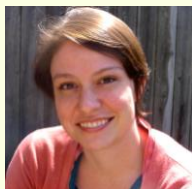
Are you a Master Gardener? Know anyone who is? America has more than 90,000 MGs who work with growers in the community to help them with gardening questions and problems. They also help the gardeners learn about their opportunity to share their excess harvest. The USDA has been helping MG's nationwide learn about AmpleHarvest.org since 2009. Check out our [newest Master Gardener video](#) from Emily, our Grower Outreach Coordinator, also starring Gilly the hen.

## AmpleHarvest.org/Local

This past January, AmpleHarvest.org was invited by the White House and the Presidential Inaugural Committee to be part of the National Day of Service event on the National Mall. Additionally, AmpleHarvest.org was made available nationwide through the National Day of Service web site. While the NDS is now over, your opportunity to own and end hunger in your community continues. Visit [www.AmpleHarvest.org/local](http://www.AmpleHarvest.org/local) to see the four simple steps you can do that will change the face of hunger and food waste in your community. For Good.

## Meet AmpleHarvest.org

AmpleHarvest.org is delighted to introduce the newest members of the team:



Emily Fulmer is our Grower Outreach Coordinator. She brings to the table many years of community and faith-based organizing as well as volunteer recruitment and engagement experience. She lives in Memphis, TN and is an active volunteer with GrowMemphis, the region's only grassroots urban gardening and food justice organization. She grows vegetables in her front and back yards and has recently welcomed a small flock of Buff Orpington hens to her young family. Emily can be reached at [emily@AmpleHarvest.org](mailto:emily@AmpleHarvest.org).

Holle Kathenes is our Administrative Manager. Her history includes 17 years various administrative positions for a large communications company and most recently, she was the Director of Administration for a small animal welfare non-profit. Her latest passion is learning about holistic, alternative, naturopathic and nutrition-based wellness therapies and tries to incorporate what she's learned into her own life. Holle aspires to have a small, organic garden in her back yard. Although her first try didn't go so well, she would like nothing more than to create her own garden-to-table experiences. . Holle can be reached at [holle@AmpleHarvest.org](mailto:holle@AmpleHarvest.org).



Leanne Mazurick is our Food Pantry Outreach Coordinator. She has worked in higher education for the last 10 years engaging students through volunteer experiences both domestically and internationally. Through these experiences, Leanne gained valuable insight into the complexities of social justice issues that impact so many. Hunger relief and sustainable agriculture are of particular interest to Leanne and she is thrilled to be combining those two passions as Food Pantry Outreach Coordinator for AmpleHarvest.org. Leanne can be reached at [leanne@AmpleHarvest.org](mailto:leanne@AmpleHarvest.org).

Margaret Clark is our PR/Social Media Intern and the newest member of our team. This fall she is going to be a senior at Auburn University where she is majoring in marketing. She comes to us with four marketing and advertising internships under her belt including her current role as Social Media Intern for Blue Cross and Blue Shield of Kansas City. Her digital marketing expertise will be leveraged to help us improve interaction on all of our social media channels and improve our graphics in several areas. Margaret can be reached at [Margaret@AmpleHarvest.org](mailto:Margaret@AmpleHarvest.org).

