



TOP 10

REASONS WHY EVERY FOOD BANK, FOOD PANTRY, FOOD SHELF, FOOD CUPBOARD, AND SOUP KITCHEN SHOULD REGISTER ON WWW.AMPLEHARVEST.ORG

- 1. It's FREE!** No strings attached - registering a pantry on AmpleHarvest.org is and will always be, a completely free resource to help communities address hunger!
- 2. You can personalize your pantry.** Once registered, a food pantry can log-in at their convenience via our website to update their pantry profile, change a contact name/phone number/address/email, add a photo, or let their community know of other needs they might have!
- 3. Fresh food faster!** Gardeners and growers bring the produce right to the pantry on the day/time the pantry has identified in their pantry profile. There's no need to take it to a warehouse where it might sit for a day until it gets to the pantry. Pantries can let gardeners and growers know EXACTLY what day and time to bring in their donation - Eliminating the need for pantries to have refrigeration and storage for fresh produce. The produce gets dropped off and then immediately distributed!
- 4. Helping those in need have healthier options.** We all know that it is common for food pantries to distribute non-perishable items such as canned goods and boxed items for storage reasons. Unfortunately, these products typically have a high-sodium / sugar content and lower nutritional value than fresh fruits and veggies.
By registering on AmpleHarvest.org, your pantry clients can feed their family fresh food instead of food packaged with added salt and sugar thereby reducing the likelihood of diet related illness such as diabetes, high blood pressure and obesity.
- 5. You'll be offering a new variety of food for pantry clients to prepare.** By offering fresh produce, families may be introduced to new varieties of food they may have had no prior access to.
- 6. There's strength in numbers.** You'll be joining an online community of over 8,000 other food pantries already up on our site!
- 7. Build Community.** Registering will make your pantry immediately visible to your community letting them know you're ready to accept fresh produce donations!
- 8. More people may get involved in helping your pantry!** There are so many people who'd like to give to local charities but simply don't have the spare cash – AmpleHarvest.org offers an alternative opportunity for them to make a difference in their local communities by reaching into their backyards instead of their back pockets!
- 9. It's good for the environment!** As a registered pantry, you're helping reduce your carbon footprint with locally sourced food (without packaging or cans trucked across the country that need to be disposed of).
- 10. And did we mention, it is completely FREE!** So why not join AmpleHarvest.org and our mission to diminish hunger and malnutrition across America!

Visit www.AmpleHarvest.org for more information and to register your food pantry today!

HOW YOU CAN HELP...

SHARE THIS FLIER

With a food pantry not registered on AmpleHarvest.org

Explain how AmpleHarvest.org can assist them in receiving fresh produce donations.

Encourage them to register!

EMAIL YOUR FRIENDS

Asking them to help spread the word about

SOCIAL MEDIA

Tell your friends, tweet, pin or share on Instagram about how AmpleHarvest.org is tackling hunger by asking folks to reach into their backyards instead of their back pockets to help their neighbors in need!

