



# NeighborImpact

Critical Needs. Diverse Services. Empowering Change.

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## Gardening for Good: Grow A Row for Neighbors In Need!

Central Ore. - In a local survey conducted last year, Central Oregonians who are struggling to keep food on their tables in these tough economic times conveyed that access to healthy fresh produce was their number one concern. According to a nationwide study of the affordability of fruits and vegetables, a low-income family would have to devote 43% to 70% of their food budget to fruits and vegetables to meet the government recommendations.

For the third year, NeighborImpact's Food Bank is asking people to "Grow A Row" for their neighbors in need. This program encourages gardeners, farmers, CSA's (Community Supported Agriculture) and Community Gardens to plant extra food to donate to area food pantries. The goal of the program is to increase access to nutritional fruits and vegetables. Food pantries throughout Central Oregon are excited about the possibility of having locally grown fresh food to hand out to those in need. Brochures with a list of pantries and meal sites that are accepting produce are available from NeighborImpact or may be downloaded at [www.neighborimpact.org/growarow.html](http://www.neighborimpact.org/growarow.html). NeighborImpact is also seeking volunteers with valid driver's licenses and insurance to potentially assist in picking up and delivering produce if gardeners and farmers are unable to get their produce to a pantry while it is still fresh.

If you would like to receive a Grow A Row brochure with a list of participating pantries please call or e mail Sandy Klein, Food Resource Specialist at 541-548-2380 X 148 or [sandyk@neighborimpact.org](mailto:sandyk@neighborimpact.org)

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## What to grow

Food pantries and soup kitchens need produce that stores and transports well. Refrigerated space is often limited, so foods that don't require refrigeration are always wanted. Here are some recommendations:

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- Tomatoes (pick when slightly under-ripe)
  - Green beans
  - Winter squash (acorn or butternut)
  - Garlic
  - Hot peppers
  - Cucumbers
  - Zucchini
  - Collard greens
  - Onions

History/Mission: NeighborImpact is dedicated to empowering individuals and families to succeed and become engaged citizens in the community. Founded in 1985, NeighborImpact is a private not for profit organization which serves all of Crook, Deschutes and Jefferson counties. NeighborImpact provides a diversity of services that not only meet basic human needs for food and shelter, but also enrich people's lives by providing access to increased education, skills, and hope for the future. To learn more about NeighborImpact, its mission, programs and the Board of Directors please visit [www.neighborimpact.org](http://www.neighborimpact.org).

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