

### Why a "Hunger Garden?"



You are helping some of the 1 in 12 North Dakotans who get food from charitable food programs at least once a year.



About one-third of these folks are needing to make tough decisions like paying for utilities, medications, OR food.



Your efforts promote Eating Smarter by helping to get fresh, local, healthy vegetables to folks - making one healthy choice an easy choice for all, in our community.



You are helping yourself Move More and get fresh air, for a stronger body and mind.



[www.nd.gov/dhs/info/pubs/docs/hungerfreend-strategic-plan](http://www.nd.gov/dhs/info/pubs/docs/hungerfreend-strategic-plan)

[www.gobismarckmandan.org](http://www.gobismarckmandan.org)

[www.bismarck.org/publichealth](http://www.bismarck.org/publichealth)

[www.bismarckgardens.org](http://www.bismarckgardens.org)

### *The Hunger Free North Dakota Garden Project*



..... is a statewide ND Department of Agriculture "local food initiative" [goinglocalnd.ning.com](http://goinglocalnd.ning.com), supported by many partners including the Creating an Hunger Free North Dakota Coalition

Gardeners are asked to grow and donate produce to food pantries or one-time meal programs.

### Goals

1. Donate, in Bismarck, a minimum of 8000 pounds of produce and over 500,000 pounds in ND.
2. Build a system to maintain the supply of fresh produce.
3. Recognize growers and quantities donated.
4. Improve diets through cooking, canning, and education [ext.nodak.edu/county/burleigh](http://ext.nodak.edu/county/burleigh)

## The Hunger-Free North Dakota Garden Project

### How to DONATE produce

1. Pick produce when it is ripe.
2. Wash produce.
3. Call one of the Food Helper Agencies, if you have alot.
4. Deliver the produce.
5. Weigh the produce on the scale provided at the agency  
... keep it simple...nearest pound is accurate enough!
6. Record on the sheet provided:
  - date
  - your name (optional),
  - produce

### Food Helper Agencies in Bismarck waiting to accept produce

**AID, Inc. - 404 Airport Rd. – 223-9150**

**\* Banquet at Trinity Lutheran Church - 502 N 4th St. 223-3560**  
**Bismarck Emergency Food Pantry 725 Memorial Highway - 258-9188**

**Bismarck Senior Center - 315 N. 20th Street—255-4648**

**Community Action Program – 2105 Lee Ave. — 258-2240**

**Dakota Boys and Girls Ranch - 1227 North 35th Street -224-1789**

**\* Riverside School Harvest Meal – 406 So. Anderson – 323-4230**

**Ruth Meiers Hospitality House – 1800 E Broadway – 222-2108**

**Salvation Army – 601 S. Washington St. - 223-1889**

**Soup Café – 619 Memorial Highway - 226-2325**

\* Some meal programs request advance notice if you plan to donate quantities of produce (i.e. potatoes or corn). Pantries offering food to individuals will accept drop-in donations . CALL, the site of your choice to CHECK!