



What You're Doing

Grow food in a garden to donate to a hunger fighting organization in your community.

Why It Matters

Food insecurity can be related to a range of different health problems including diabetes, depression, and heart disease. Feeding the hungry in your community with healthy foods and fresh produce can stop the effects of hunger.

What You Need

- A space to plant your garden: a greenhouse, an approved vacant lot, raised garden bed, or flower pots
- Planting soil
- Seeds: tomatoes, pumpkins, beans, bok choy, radishes, carrots, potatoes, basil, rosemary, flowers
- Gardening tools: gloves, small shovels, trowels
- Water and sunshine!

Additional Resources and Suggestions:

- What's composting and how do you start? [Watch this video to find out more!](#)
- Want to go organic? Learn more about organic gardening and alternatives to toxic pesticides. [Watch a video here!](#)

All prices were calculated using estimates for a 4' X 6' garden bed

Item	Price
Trowel	\$5.73
Gardening Gloves	\$4.00
4 lb bag of fertilizer	\$6.87*
Seeds for vegetables	Usually \$1.00-\$3.00 depending on the vegetable or fruit. (10 plants)
Total Cost	~\$30.00

* You must use a soil test to determine the best kind of fertilizer and amount of fertilizer to use based on the soil you have and the type of vegetable you would like to grow.

Here's How You Do It!

1. Find a location to plant the seeds. Whether it's a windowsill, a raised garden bed, or your whole backyard! Make sure it has plenty of sunshine!
2. Decide which organization or group to donate the produce to. Some suggestions are a local food bank or seniors at a local senior center.
3. Gather family, classmates, or friends to help plant and maintain the garden. You can even check with your school or community to find out if they have space to donate!
4. Get the soil ready!
 - a. Make sure to clean the area you plan to use for planting of any debris like twigs, garbage or rocks.
 - b. Aerate the soil by using a shovel or trowel to mix up the dirt.
 - c. Add potting soil or compost to the soil so it is rich in nutrients.
5. Place the seeds in the ground under soil. Each plant has different requirements for depth and space between seeds, so make sure to read the package for these restrictions.
6. Set up regular schedule for maintenance of the garden or plants. Coming up with a schedule is a great way to make sure that no plant goes un-watered!
7. Keep a watch over your seedlings as they grow into healthy produce.
8. Donate your produce to the organization of your choice!

Reflection

- What was your favorite part of gardening?
- What did you learn about hunger by doing this project?"



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