



Gardeners
needed!

Fresh produce is one of the most requested but **least donated** items at food pantries.



Find a pantry:
AmpleHarvest.org



Lincoln-Lancaster County
**HEALTH
DEPARTMENT**

In partnership with the Nebraska
Department of Health and Human Services.



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Grow one more row.
Donate dozens of meals.



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Plant **extra!**

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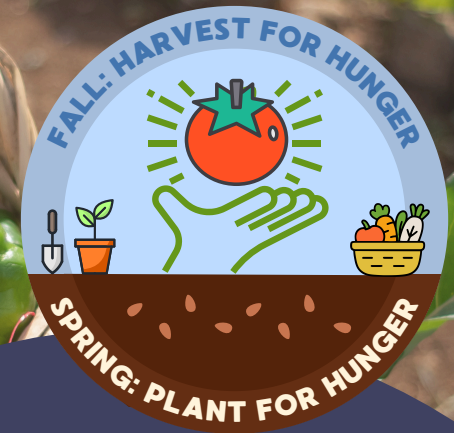
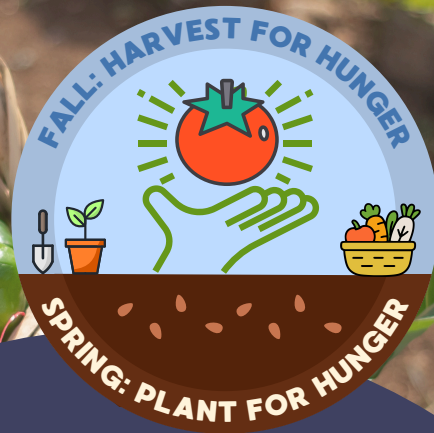
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Garden overflowing?
Don't let it go to waste.
Fill empty plates.

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Fresh vegetables, fruits,
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Your garden can help.



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One tomato
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15+ pounds of
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