



A Simple Guide

for Sharing Harvest Surplus
in Our Own Community

A Neighborhood Toolkit

Quick and Easy

One willing person can organize the effort with only the time required to invite neighbor participation and then transport the seasonally gathered surplus to the nearest food drop site.



Awareness can be accomplished through a doorstep flier (ready-made templates found on page 7), Facebook or InstaGram posts, a mass email, group texts, community, school or faith group bulletins, or simply word of mouth. Building program awareness before initial planting is ideal.



Educate your neighbors their surplus produce is greatly needed locally and can bless many lives almost immediately. Designate a day and convenient location for neighbors to drop off their fresh donations (a front porch works perfectly).



Set out a designated container (basket, box, or cooler) and watch in amazement as it fills with fruits and vegetables peaking in their respective seasons. (For donation tips, please see page 4.)



Think about it:

Backyard gardens waste 10 billion tons of produce each year.

One fruit tree typically produces 200 pounds of fruit.

An average urban garden produces 300 pounds of food

1 in 5 Utah Children doesn't know where his or her next meal is coming from.

Fresh produce donations stretch nonperishable contributions twice as far.

No amount is too small to make a big difference.

What You Can Do With Additional Volunteers



volunteer

Invite neighbors to designate a single pot, extra vegetable plant, or entire row to hunger relief (page 5).

Offer more days and drop off locations.

Create opportunities for neighbors to share/swap surplus among themselves.

Offer alternative receiving locations when host collectors are on vacation.

Email or text regular participants “day before” reminders for drop off.

Post favorite neighborhood uses and recipes for fresh produce.

Take turns driving collected surplus to the food bank.

Harvest a vacationing neighbor’s surplus or anyone else’s who is otherwise unable to pick it.

Weigh the surplus when dropping it off and post regular pictures and growing it off and post regular pictures and growing donation weight totals.



Note: volunteers can be supportive neighbors with or without garden or fruit tree surplus.

Maximize Your Fresh Donations

Food Bank Requests

- Only donate food in a condition you would eat.
- Make sure your produce still has 3 to 4 days of life. It takes the Food Bank 2 to 3 days to turn it around and deliver to a pantry.
- Try not to take your donations at the end of the workweek; freshness and nutritive value decrease as it sits over the weekend.
- When possible, keep the varieties of produce separated into different bags or boxes. This speeds up sorting and keeps heavier produce from damaging the more delicate.
- Please note the Food Bank cannot accept any non-commercially processed foods. Home canned products and backyard honey are not usable.



If the Utah Food Bank is too far away, look for a closer food drop site.

<https://www.utahfoodbank.org/dropoff-locations>

<https://www.utahfoodbank.org/find-a-food-pantry>

<http://ampleharvest.org/find-pantry/>



Resources for Wasatch Front Gardeners

Download Four, Free Utah State Gardening Mobile Apps



USU
Fruit Pest
Finder



USU
The Gardeners
Almanac

USU
Growing Vegetables,
Fruits and Herbs



USU
Common Weeds of the
Yard and Garden

Speak with vendors at
local Farmers Markets
and garden stores



The Green
Urban Lunchbox



EXTENSION
UtahStateUniversity

Register your trees to be harvested, pruned, fertilized, thinned, or treated for pests by the non-profit, The Green Urban Lunchbox.

Some services are free upon registration, others are offered for nominal fees.

thegreenurbanlunchbox.com/fruitshare

Call or Visit Master Gardeners trained by Utah State University
Hours: Monday, Wednesday and Friday (9 AM to 12 PM)
Call: (385) 468-4828
E-mail: mastergardener@usu.edu
Visit: 2001 S. State St. (Rm: S1-300)
Salt Lake City, UT 84114
extension.usu.edu/yardandgarden/htm/gardening-basics



Nifty Awareness Tools

PLANT A POT, +ADD A PLANT, GROW A ROW



Why Plant A Pot, +Add A Plant, or Grow A Row? No matter where we live, there are people in our community that are experiencing hunger. Fight local hunger from your own back yard. By planting just one extra plant, pot, or row, we can significantly relieve hunger and improve the health of our entire Salt Lake community.

NEED

Did you know?

- *One in five Utah children doesn't know where his or her next meal is coming from.
- *Our growing immigrant and refugee populations need help securing fresh food.
- *Many families experience periodic hardships that require food assistance.

WASTE

- *The average American wastes one pound of food a day.
- *Nationally, backyard gardeners discard 10 billion pounds of produce each year.
- *Rescuing half of that produce could feed 14 million people.

Like an idea of what to plant? Here are some favorites of our refugee and immigrant populations:



*peppers (chili and mild)
Squash (all varieties)
Strawberries
Watermelon
Cucumbers
Tomatoes
Potatoes
Eggplant
Cabbage
Cilantro
Lettuce
Onions
Carrots
Grapes
Garlic
Herbs
Peas*



SIMPLE SOLUTION

- *Your fresh garden fruits and vegetables can be donated to fight local hunger.
- *No amount is too small to share.
- *A single tomato plant often produces 20-40 tomatoes.
- *The average fruit tree produces 200 pounds of fruit each year.
- *Fresh produce donations stretch existing nonperishable contributions twice as far.
- *For free vegetable seeds to fight hunger in our community, contact Shawn at shawn@gulb.org.

Take your bounty to the nearest food pantry, Utah Food Bank or other food drop site.
<https://www.utahfoodbank.org/dropoff-locations>
<https://www.utahfoodbank.org/find-a-food-pantry>
<http://ampleharvest.org/find-pantry/>
or contact Kate at katie@gulb.org

Free downloadable fliers can be found at
thegreenurbanlunchbox.com/neighborhood

Usable Posters and Fliers



I'd LOVE to take your surplus **fruits, vegetables, herbs, berries, grapes, nuts** or any other fresh edibles to the Utah Food Bank this Summer & Fall!

One extra plant in your garden or patio pot blesses many grateful community members.

Drop produce on my porch anytime Monday -or- Tuesday mornings. I'll also pick it up if you call.

Don't have produce but can occasionally help in simple but important ways? Want a text reminder? Please

contact: Your name
(**) **_****, email address, collection address

No amount is too small



Free downloadable posters and doorstep flier can be found at thegreenurbanlunchbox.com/neighborhood



Your Burden Can Be Someone Else's Blessing!

#donategardensurplus





The Green
Urban Lunchbox

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Salt Lake City, UT 84103
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www.TheGreenUrbanLunchBox.com

Contact Pat or Nancy
for experienced tips
on how to run the
program.



Pat Thomas
pat.thomas11@gmail.com



Nancy Peterson
nancy.e.peterson@gmail.com