



**Cornell University**  
Cooperative Extension  
Rockland County

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



Garden Writers Association Foundation  
[www.gardenwriters.org](http://www.gardenwriters.org)  
Call Toll Free (877) 492-2727

**In 2007, the U.S. Department of Agriculture reported that 36 million people, including 13.9 million children, live in households that experience hunger or the risk of hunger daily. That is 1 in 8 Americans!**

**The demand for hunger assistance has increased by 70% in recent years, and research shows that hundreds of hungry children and adults are turned away from food banks each year because of lack of resources. *But YOU CAN HELP!!***

**Join your friends and neighbors of Rockland County and donate your produce for the hungry.**

Plant a Row is a people-helping-people program to help feed the hungry in local neighborhoods and communities. Launched in 1995 by the Garden Writers Association (GWA), Plant A Row (PAR) encourages gardeners to grow a little extra and donate the produce to local soup kitchens and food pantries serving the homeless and hungry. PAR's mission is to provide an avenue through which individuals, corporations and over 84 million gardening households in the U.S. can help America's most vulnerable citizens and the food agencies serving them.

**The Master Gardener Volunteers at Cornell Cooperative Extension (CCE) of Rockland County have started a PAR campaign for Rockland County, and will give you information so that you can connect with a food bank or charity in need of fresh produce right in our area.**

**Take the pledge and donate whatever you can. It's easier than you think!!**

**There are over 25 agencies in Rockland County that NEED YOUR HELP NOW!  
Help the agency of your choice listed on the back of this flyer.**

PLEASE CALL Cornell Cooperative Extension of Rockland at 845-429-7085 ext 117  
Or email CCE at [rockland@cornell.edu](mailto:rockland@cornell.edu) for more information.

*Cornell Cooperative Extension of Rockland County provides equal program and employment opportunities.  
Please contact the Cornell Cooperative Extension of Rockland County office if you have any special needs.*