



# They say gardening feeds the soul. It can also feed **neighbors in need.**



## OUR PARTNERS



## LEARN MORE



Scan to learn more about Grow A Little Extra.

### Calling All Gardeners! We invite you to join us this summer to **Grow A Little Extra.**

- **Grow A Little Extra** is a partnership with the University of Wyoming Extension's Cent\$ible Nutrition Program (CNP) and Master Gardener Program, encouraging community organizations and individuals to grow extra produce for neighbors facing food insecurity.
- Increased access to fresh produce in Wyoming is a critical tool in the fight against food insecurity. **Grow A Little Extra** is helping to remove existing barriers one vegetable at a time. Join the fight!
- Get started by picking up (free!) seeds at your local UW Extension Office. Six varieties of seeds are available and were selected for their ability to grow in Wyoming's climate.
- Be an anti-hunger warrior with two green thumbs! Plant your free seeds or your favorite crop. Come harvest time, donate some of your produce back! Produce donations can be dropped off at your local UW Extension office.

### About the Partners

- CNP educators are located in UW Extension offices and will help you with weighing your produce donation and matching it to local anti-hunger organizations for distribution. In addition to this work, CNP educators serve their local communities by teaching nutrition and cooking skills to help individuals with limited resources eat healthy on a budget as well as by working with local partners on projects that help increase access to nutritious foods.
- The University of Wyoming Extension's Master Gardener program shares horticulture resources, promotes backyard gardens and community gardens, and educates backyard gardeners and specialty crop producers throughout Wyoming. They are an excellent resource for questions, support, and even to round up volunteers to help in community gardens.

### How can you help?

- 1) Set aside space in your garden (or establish a new community garden!) to grow fresh produce for local food pantries and agencies.
  - 2) Take good care of your garden all summer.
  - 3) Deliver your extra produce to the local UW Extension office in your county for weighing and distribution!
- Visit [nohungerwyo.org/grow](http://nohungerwyo.org/grow)

In addition to **Grow A Little Extra** and the other core programs, there are more Wyoming Hunger Initiative **programs, campaigns, and events** that benefit those in need in Wyoming. None of this could be accomplished without the efforts of statewide **anti-hunger organizations** and the generosity of our **sponsors, volunteers, and donors.**

**Together, we can end hunger in Wyoming. [nohungerwyo.org](http://nohungerwyo.org)**



## WYOMING HUNGER INITIATIVE

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Wyoming Hunger Initiative is the official initiative of First Lady Jennie Gordon and is governed by the Board of Directors of the Wyoming Governor's Residence Foundation, a registered 501(c)3 nonprofit organization.