

Everybody Eats

Volume 16

August 2016

September is Hunger Action Month

September is National Hunger Action Month, when all of us are asked to come together to learn more about the challenges of hunger in our own communities and take action toward solutions.



Hunger Action Month is your opportunity to join the movement to solve the problem of hunger in our midst.

There are many ways to make a difference—advocating, volunteering, making donations to your favorite anti-hunger groups.

Some things are simple—September 8 is Hunger Action Day, also known as “Wear Orange Day.” Orange is a color often associated with the harvest and so has been adopted as the awareness-raising

color for anti-hunger work. Wear an orange ribbon or orange clothing that day to show your support!

Some things are a little more involved, like the Fight Hunger 5K on September 11, a run and walk-a-thon to raise money to support GardenShare’s work.

You can find a complete calendar of events and ideas of ways you can engage with the work to solve hunger here in the North Country at www.gardenshare.org.

Date	Event
9/8	Hunger Action Day
9/11	Fight Hunger 5K
9/25	Hunger 101 @ Canton UU Church noon
9/30	Hunger 101 @ Clarkson University 2:30pm

Together, we can solve hunger.

Second Annual Fight Hunger 5K



September 11th is National Day of Service and Remembrance for the 9/11 victims, survivors and those who rose up in service in response to the attacks on our country.

As tribute to the day, GardenShare is hosting this year’s second annual **Fight Hunger 5K** on September 11. Access to wholesome, local food is a real need in St. Lawrence County.

The “Fight Hunger 5K” is so named because the words clearly and vividly describe GardenShare’s action against hunger in St. Lawrence County. That is why we chose the name, to create a strong and lasting call for our community residents to fight hunger.

We invite you to participate as a physical expression of your support for the issue of hunger in the North Country. *See inside for more details.*

Sowing Solutions



GardenShare is excited to announce a new grant from the New York State Office of National and Community Service. This grant will support GardenShare in a lead role to recruit and train more volunteers to fight hunger in the Canton-Potsdam area.

GardenShare will be partnering with Campus Kitchens, Canton Farmers Market, Church and Community Program, Free Will Dinner at the Canton United Methodist Church, and the Potsdam Farmers Market in this work.

When I was developing the idea for this grant, I was really surprised to hear about the need for volunteers at some of these programs. While they do have some dedicated volunteers, there are not enough to do the important work these groups have set out to do. They

all particularly struggle to have enough volunteers whenever there are not college students in town.

In my work prior to coming to GardenShare, we had over 2,000 volunteers involved every year. So, while I know it's different in St. Lawrence County, I also know people want to help find solutions to hunger and are willing to give generously of their time.

I look forward to working with these partners to engage more people here in the area in the work to both meet immediate needs and to find solutions to hunger in our midst!

Hunger 101

Hunger 101 is an interactive, role-playing exercise where participants play the role of a head of household trying to get enough food for the family. After figuring out the household's budget for food, the participant can visit a grocery store, the social services office, and the food pantry in this quest.

The program takes about an hour and requires a minimum group size of fifteen, though it works better with larger groups, even up to fifty. It is best suited to high school stu-

dents, college students, and adults, but can be adapted slightly to work for middle school students.

Hunger 101 works well for faith-based groups. It can also work in classrooms, work places, or other organizations.

The activity is an eye-opening experience that will spark interesting discussions about finding solutions

to the problem of hunger in our midst.

If your group does not have time or capacity for Hunger 101, you can still welcome a GardenShare volunteer speaker for a short presentation about our work.

*"Hunger 101 helped me understand the struggles some families face."
- Youth Participant*

To inquire about Hunger 101 or a general GardenShare speaker for your group, contact us at 261-8054 or office@gardenshare.org!

Growing Community Award Nominations Sought

GardenShare annually recognizes an individual or organization whose efforts strengthen food security in northern New York with the Growing Community Award.

We are currently seeking nominations for 2016. Go to www.gardenshare.org for more information and to submit a nomination via an online form. Nominations are due October 1.



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Fighting Hunger at the Farmers Market

GardenShare supports all of the Farmers Markets in St. Lawrence County with the equipment and training that allows the markets to accept payments via credit or debit cards and through the Supplemental Nutrition Assistance Program (SNAP).

With more than 15,000 County residents relying on SNAP for a portion of their groceries, this is important to both families in need and to farmers.

Jenn McAvoy is the St. Lawrence County Nutrition Outreach and Education Program (NOEP) coordinator. In this role, she offers free, confidential, one-on-one services to help families access nutrition assistance. She can help applicants gather documentation for, fill out, and send in the SNAP application.

According to Jenn, *"Being able to use SNAP at Farmers Markets has been a huge plus for my SNAP clients. They are very excited that they can use their benefits to buy locally grown produce. When clients learn that they can double their benefits at farmers market they are relieved to find healthy ways to stretch their SNAP dollars while directly supporting farmers in their community."*

"When shopping at the farmers market the farmers are more than willing to answer questions about what they are selling and even tips on how to prepare things. This really encourages people to try things that they wouldn't normally try."

"I just wanted to say that the Farmers Market SNAP incentive program has been a godsend thus far. Normally I wouldn't be spending my SNAP/EBT funds at a farmers market (because most of the produce is from slightly to much more expensive than the stuff you can get at the store), but with the grants it's been an excellent resource."

"My daughter and I have greatly enjoyed the higher quality produce and local meats (heirloom strawberries and tomatoes = so much better flavor than the supermarket), as well as the fresh baked goods on offer. The value has been excellent, the staff extremely friendly, and it's been a pleasure supporting local farmers and producers."

"Thank you all, from me and my daughter, Andrea."

-Jason Grinstead



"At the farmers market we are given a poster saying 'swipe your card and you'll get twice as much!' Swipe 10 get 20 - that's a great deal! We are able to help a lot of people! Being on the front line, accepting the tokens, we have a lot of people coming up and saying 'wow this is the first time we were able to buy something healthy.' That's really something to hear."

- Greg Kalicin, Harmony Farm



Prizes for the top fundraising individuals and teams!

T-shirts for any individual who raises \$50 or more (whether participating as an individual or part of a team).

11 September 2016

Remington Recreation Trail, Canton

Registration starts @ 12:30.

Walkers leave @ 1:00.

Runners leave @ 1:30.

Run, walk, pull the kids in a wagon or a stroller—whatever works for you, join us to raise hunger awareness and funds for GardenShare!

How to get started:

Either fly solo or gather a team from work, school, or your place of worship!

Ask friends, family, classmates, and co-workers to make a donation to sponsor you. Bring your signed registration form, and any cash or checks you have collected with you on race day.

Come dressed for the weather!

Presenting sponsors:



St. Lawrence Health System

Friend sponsors:

Curran Renewable Energy
North Country Savings Bank
St. Lawrence Federal Credit Union
Save-a-Lot
Tupper Lake Supply

More information:
www.gardenshare.org
 or
 (315) 261-8054



Join us September 11 @
 12:30.

Suggested minimum do-
 nation is \$10.

Participant Name _____ Runner ____ Walker ____
 Address _____ Town _____ State ____ Zip _____
 Phone _____ E-mail _____
 Age _____ T-shirt size _____ Team Name (if applicable) _____

Please collect your donations in advance and bring them with you along with this form to the event!
(Checks payable to GardenShare)

Donor name and contact information	Amount
My own donation	
Online donations raised (if applicable)	
Total raised (feel free to attach additional sheets if needed!)	

I agree, warrant, and covenant as follows: In consideration for accepting this entry, I, the registrant, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators, do waive and release any and all rights for damages I may have against any parties or persons connected GardenShare for and related to the Fight Hunger 5K. I attest and verify that I am physically fit to participate in any portion of this event. I grant GardenShare permission to use any photographs, film or videotapes of this event for any purpose.

Signed _____ Date _____
Parent or Guardian's signature if participant is under 18

Volunteer at the Farmers Market

GardenShare is looking for help to keep the important work of accepting SNAP benefits, along with credit and debit cards, available at our Farmers Markets!

Volunteers are needed to support the markets in Canton, Gouverneur, Hammond, Massena, and Potsdam. Volunteers help staff the table where market patrons come to swipe their credit, debit, or SNAP-EBT cards.

GardenShare will provide the training and then the volunteer would work with the local market on scheduling.

Volunteers could help on a regular schedule, or just occasionally on call. Please get in touch if you love your farmers market and would love to help make sure it continues in your community!

"Why do I volunteer at the Canton Farmers Market? Quite frankly, I was asked to help! My family moved to Canton a few years ago, and we loved the fact that Canton had a farmers market! My children, ages 1 and 3 at the time, would go with me to look around every week, and it was so nice. The first table we visited was the Maple Candy lady (as my daughter still calls her).

"The Canton Farmers Market is one of the best ways to support local agriculture. It's a great way to meet people as well, and in my vocation as pastor of The United Methodist Church in Canton, connections with folks help! I love to connect with the vendors, hear their stories and I like to see how we all fit together as a community.

"My family has benefitted from the market and I want others to see this gem we have in our community. I started volunteering to give back in a small way, and I hope others will do the same. Let's grow this market even bigger - we have room for it!! My thanks to our dedicated vendors."

- Reverend Michael Terrell

Clip & Mail

Yes, I want to volunteer!

Name: _____

Mailing Address: _____

City, State: _____ Zip: _____

Phone: _____

Email: _____

I am most interested in:

___ Helping at the farmers market in _____ (town)

___ Helping with one of the community meals

___ Volunteering at a food pantry

___ Learning more about the options.



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GardenShare.org

CALENDAR

September 5—Labor Day, GardenShare office closed

September 7—Listen for Gloria on 95.3 The Wolf between 8 and 9 AM

September 8—Hunger Action Day, wear orange to show your support!

September 11—Fight Hunger 5K

September 25—Hunger 101 presentation at the Unitarian Universalist Church in Canton, noon

September 30—Hunger 101 presentation at Clarkson University, 2:30 PM

October 10—Columbus Day, GardenShare office closed

October 24—Food Day

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Our mission:

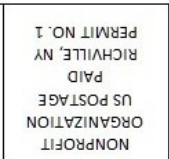
Gardenshare's mission is to solve the problem of hunger in St. Lawrence County through policy advocacy work and by strengthening the food system to benefit all County residents.

Our vision:

Healthy Food – The County has a vibrant, local food system where our food choices are healthy for us, for our communities, and for the environment.

Healthy Farms – Farmers are able to make a living that supports their families, contributing to a robust local economy.

Everybody Eats – Everyone in the County has access to enough nutritious and affordable food to sustain a healthy lifestyle. When food assistance is needed, whether from government or private sector programs, it is provided in dignified ways that respect both the receiver and the giver of assistance.



PO Box 516
Canton, NY 13617

