



Written by Brittany Spieker - Food, Nutrition and Health Extension Educator

Help fight hunger this year by growing an extra row of produce in your garden and donating that harvest to the Antelope County Food Pantry! The Antelope County Extension Office received grant funding from the Nebraska Department of Health and Human Services to assist our community in providing food insecure households with delicious and nutritious fresh produce. Fresh produce can be a bit more expensive to purchase; therefore, potentially making it more difficult for families with limited resources to purchase fresh produce. Fresh produce helps add much needed nutrition, color and additional flavor to meals! Plus, nothing quite beats a fresh tomato straight from the garden - would you agree?

With this funding we will be able to support your growing efforts, purchase a refrigerator to store donated produce until distribution to households, and provide food, nutrition, and health education to our community members and pantry clientele.

Produce donations can be dropped off between 8:00am – 4:30pm Monday through Friday at the Antelope County Extension Office located in the basement of the Antelope County Courthouse. From there, the donated produce will be taken to the Antelope County Food Pantry for redistribution to food pantry clientele. Various produce ranging from asparagus, potatoes, apples, pears, squash, beans, watermelon, etc. is more than welcome for donation! Since the Antelope County Food Pantry is only open to clientele every other week, we ask that if you are donating highly perishable products such as lettuce, herbs, tomatoes, etc. that you bring the produce the same week the food pantry will be open. This will help keep food waste to a minimum.

The Antelope County Food Pantry is run by dedicated volunteers and is typically open on the first and third Thursdays of the month from 11:30am – 1:30pm at the Lions Club in Neligh, NE. If you are interested in volunteering at the Antelope County Food Pantry, please contact Bev Alderson at (402) 843-5307.

Please contact the Antelope County Extension Office at (402) 887-5414 to learn more about the Grow-A-Row project and pledge to grow a row of produce in an effort to help fight hunger in our communities.

By growing-a-row, you are helping uplift our community into a brighter and healthier place!

4-Her's Are You Up For A Challenge

4-H Members and Club Leaders.

Brittany, Tessa and Lisa **Challenge** you to be a good neighbor. We need your help to Grow-A-Row. The produce you grow in your garden will be donated to the Antelope County Food Pantry. You can even make this a 4-H Project to take to the county fair. Please call the office and pledge to what you will be donating.

