

Vermont Foodbank  
www.vtfoodbank.org



HUNGER ACTION MONTH™ | FEEDING AMERICA

THIS SEPTEMBER WE INVITE YOUR GROUP TO PARTICIPATE

### What is Pick for Your Neighbor?

Pick for Your Neighbor is a great way for Vermonters to help fight hunger in Vermont. During apple season, you can visit a local participating orchard to pick and purchase extra apples for donation to the Vermont Foodbank. The Foodbank will distribute the apples throughout Vermont to our neighbors in need of food assistance.

### Community Impact

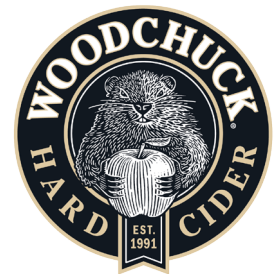
Since 2009, this program has provided more than 80,000 pounds of locally grown, fresh-picked nutritious apples to Vermonters in need.



### How to Participate as a Community, Civic or School Group

1. Set a fundraising goal and determine your budget. A pound of apples can range from \$0.60 to \$1 per pound. For example, \$300 will provide approximately 400 pounds – that's 800 apples!
2. Fundraise and encourage and organize your community to participate.
3. Contact a participating orchard to arrange a day/time for your group.
4. On your scheduled day, your group will spend approximately 1 hour or more picking apples.
5. Your group pays for the apples and leaves them at the orchard.
6. The orchard will store the apples and the Foodbank will pick-up.
7. Take photos of the outing and post them on the Vermont Foodbank's Facebook page at [www.facebook.com/vermontfoodbank](http://www.facebook.com/vermontfoodbank).

Sponsored by:



Please let us know if your group plans to participate in this rewarding community activity. Contact Michelle Wallace, Program Manager, 802-477-4125 or [mwallace@vtfoodbank.org](mailto:mwallace@vtfoodbank.org)