WE NEED YOUR HELP!

CONSIDER GROWING WITH GRATITUDE FOR THE 2026 HARVEST SEASON

PROJECT CITIZEN GARDENER

We are calling out to our neighbors and friends within Monmouth County to donate fresh vegetables to **Lunch Break's Your Choice Pantry.** This initiative is brought on by the rise in food costs and the high demand that **Lunch Break** has seen in the last year.

WHO WE'RE LOOKING FOR

Gardeners - Whether you are involved in a community garden or have a small backyard space for growing, you can help make a difference to many families in Monmouth County

Farmers - If you're a farmer with any excess or blemished produce that's still edible, you could help feed those in need.

Students - We've created a PCG service hours form to encourage students to give back by growing food for those who need it most.

Scan to Learn More

Note:

- All food must be washed prior to drop off
- If you have produce in bulk or transportation issues, please reach out!
- Donated food qualifies as a charitable donation for tax purposes.

WHAT FOOD WE NEED

Lunch Break
HELP FOR TODAY • HOPE FOR TOMORROW

This information is based on a survey from the Lunch Break Pantry and Kitchen. Please note that this is a list of preferences and that any and all donated produce is welcome.

Kitchen and Pantry favorites:

- **Lettuces:** Romaine, Iceberg, Butterhead
- **Spinach**
- **Bok Choy**
- **Collard Greens**
- **Radicchio**
- **Carrots**
- **Beets**
- **Broccoli**
- **Green Beans**
- **Parsley** - Curly & Italian Flat
- **Basil -** Italian
- **Radishes -** Watermelon
- **Peppers** - Bell & Poblano
- **Tomatoes** - Slicers, Beefsteak, Heirloom varieties, and Cherries
- **Summer Squash** - Yellow and Green
- **Eggplant -** Black Beauty
- **Watermelon, Honeydew, Cantaloupe**

COME TO OUR MEETING!

APRIL 16TH | 6-7 PM
@ LUNCH BREAK

PRESENTATION AND Q&A ON P.C.G.

TOUR THE PANTRY + KITCHEN!

Email us to get involved:

GARDENERS & FARMERS: featherstonebonz@gmail.com

STUDENTS: fullsunprojects@gmail.com