



Commitment Form

Over 80 percent of Manistee County residents report inadequate consumption of fruits and vegetables. By planting an additional row of produce in your garden, you'll help to feed a family in need!

Here is how you can help:

- 1) Commit to planting an extra row of produce in your garden.
- 2) Commit to feeding your family more fruits and vegetables.
- 3) Sign and return the commitment form to the Manistee Community Kitchen.
- 4) Prepare your garden and plant your favorite vegetables.
- 5) Plant a "Plant a Row" sign in your garden to demonstrate your participation.
- 6) Tend your garden well during the growing season.
- 7) Harvest your fresh vegetables and drop off your garden surplus at an assigned location (to view drop-off locations visit www.ManisteeKitchen.org or call 231.357.4334).
- 8) Enjoy the fruits of your labor knowing you're eating right and helping your neighbors to do the same.

The Manistee Community Kitchen provides support to gardens committed to alleviating hunger in our community. Thanks for Planting a Row to Help Fight Hunger.

Save the top half of this form. Clip and return the bottom half to:

Manistee Community Kitchen

33 Lake Street, Manistee MI 49660

Email: gardens@ManisteeKitchen.org Fax: 231.723.0614



I commit to Planting A Row in my garden to Help Fight Hunger.

Your Name _____

Address _____

City _____ ZIP _____

Phone _____ Email _____