

# did you know?

There are typically **3 times** as many supermarkets per capita in upper middle income neighborhoods as in low-income neighborhoods.



Wards 7 & 8 in the District have one chain supermarket for approximately **140,000 residents** compared with Wards 2 & 3 which have one for every 15,000 residents.

Each additional supermarket in a low-income area increases vegetable consumption by **one-third.**

place  
postage  
here

**Share the Harvest Gift Project**  
Capital Area Food Bank  
645 Taylor Street, NE  
Washington, DC 20017



Claggett Farm, Upper Marlboro, MD

Share the Harvest is made possible through an innovative collaboration between the Capital Area Food Bank and the Chesapeake Bay Foundation. Based at the Chesapeake Bay Foundation's Claggett Farm in Upper Marlboro, Maryland, the partnership is an effort to ensure healthy futures for our environment and communities.



Capital Area Food Bank  
645 Taylor Street, NE  
Washington, DC 20017  
phone: 202-526-5344  
[www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)



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# SHARE THE HARVEST GIFT PROJECT

Locally grown produce for neighbors in need



design by Nayman Design [www.naymandesign.com](http://www.naymandesign.com)  
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# SHARE THE WEALTH SHARE THE HARVEST

Share the Harvest Gift Project enables Claggett Farm to **donate approximately 50% of its sustainably grown produce** to low-income families and underserved communities throughout the metro area. The rest is sold affordably as Community Supported Agriculture “shares” of the harvest.



## NOURISHING PEOPLE NOURISHING THE LAND

Just 15 miles from the U.S. Capitol, the Chesapeake Bay Foundation’s Claggett Farm grows nearly 50 varieties of fruits and vegetables without harmful chemicals or genetically modified seeds. Claggett Farm also runs educational programs that teach about the relationship between the food supply, our environment, and social justice to raise awareness and inspire action in local communities.

**W**hether you live in the city or the suburbs, someone in your community is struggling to provide their family with enough nourishment. **Share the Harvest Gift Project** is a community response to the social injustices of hunger and malnutrition in metropolitan Washington, DC. You can be part of the solution by supporting an effort to provide healthy, local produce to your neighbors in need.

### I Want to Make a Difference!

I want to Share the Harvest with my community.

GIFT LEVELS	APPROXIMATE NUMBER OF SHARES*
<input type="checkbox"/> <b>\$2,500 – Community Share:</b> families in transitional housing are often looking for low cost, high quality food options – purchasing a Community Share makes that possible	6
<input type="checkbox"/> <b>\$1,200 – Neighborhood Share:</b> imagine enough fruits and vegetables for three families to enjoy from May to November	3
<input type="checkbox"/> <b>\$500 – Family Share:</b> your donation provides a family with good nutrition and deliciously rich produce for an entire season	1
<input type="checkbox"/> <b>\$200 – Reduced Price Share:</b> some of our shareholders can only afford to pay for half a share, your contribution will offset the cost of their share	1/2
<input type="checkbox"/> <b>\$100 – Youth Share:</b> education programs provide each group of students with a half share of produce	6
<input type="checkbox"/> <b>\$20 – Market Basket Share:</b> a brimming basket of produce for a family to enjoy for an entire week	1
<input type="checkbox"/> <b>\$other – Share the Wealth:</b> make a donation of your choice, every share is a gift	

*\*One season’s share provides two adults enough produce for twenty-six weeks. From May to November the harvest is divided weekly among all shareholders.*

Enclosed is a check made payable to the Capital Area Food Bank.

OR

Please charge:  
 VISA  MasterCard  Discover

*If you would like to contribute using your credit card online, please visit [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)*

I want to volunteer with Share the Harvest.

#### CONTACT INFORMATION / GIFT RECIPIENT

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail \_\_\_\_\_

#### FOR CREDIT CARD DONATIONS

Name on card \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Account # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

**PLEASE RETURN TO**  
Share the Harvest  
Capital Area Food Bank  
645 Taylor Street, NE  
Washington, DC 20017

*All contributions are tax-deductible. The Capital Area Food Bank operates under 501(c)(3) status.*

