

# Grab a Bag & Donate!

## Give nutritious foods!

Help us provide local residents in need with fresh fruits and vegetables.

Pick up a green bag at the donation table.

The table will be staffed by  
Four Pointes Center for Successful Aging  
& The People Center.

Grand Haven Farmers Market  
June 6, July 11, Aug 8, Sept 5

Spring Lake Farmers Market  
June 7, July 12, Aug 9, Sept 6

## Fill your bag!

When you're finished shopping, bring your donation bag back.

Thank you!

*According to the Feeding America Ottawa County Hunger Study:*

**72.6%** of pantry clients desire fresh fruits and vegetables.

**60%** of pantries said fresh fruits and vegetables are too expensive to purchase.

Your nutritious food donation helps provide a way for pantries and seniors in need to get fresh locally-grown produce at NO cost!

Find food resources at [www.OttawaFood.org](http://www.OttawaFood.org)



**Donation suggestions:** Apples, Asparagus, Beans, Beets, Berries, Cabbage, Cantaloupe, Carrots, Corn, Cucumbers, Greens, Lettuce, Melons, Onions, Peas, Peppers, Potatoes, Pumpkins, Radishes, Rhubarb, Spinach, Squash (summer or winter), Tomatoes, Turnips, etc.