

CAN YOUR FAMILY EAT TODAY?

FOOD INSECURITY

is defined as a lack of consistent access to enough food for an active, healthy life.

1 in 4



NEARLY 1 IN 4 HOUSEHOLDS ARE EXPERIENCING FOOD INSECURITY.



Join us in the fight against food insecurity

www.SunflowerTurning.org

We are a North Carolina-based nonprofit organization that teaches underserved communities how to grow their own food through community garden programs and in-home solutions.

YOU can get involved by

Volunteering with us

Making a financial donation

Donating gardening materials, and more!

COMMUNITY GARDEN PROGRAMS CAN...



Reduce Food Insecurity

Strengthen ² Community and Family Relationships



Improve Dietary Intake

1. NPR.org, "Food Insecurity in the U.S. by the Numbers", Christianna Silva, 9/27/2020

2. U.S. National Institutes of Health's National Library of Medicine (NIH/NLM). PubMed Central, PMCID: PMC3661291

YOUR COMMUNITY NEEDS YOU

We are in need of supplies, such as:

- top soil
- metal fencing
- shovels
- seeds and plants
- netting
- bottled water

Visit our website for current needs.

BECOME A SPONSOR

Your **tax deductible** donation supports everything we do to help fight food insecurity in the community.

Visit
www.SunflowerTurning.org/get-involved
to donate today!

Radish Level - \$50



Turnip Level - \$100

Beet Level - \$250



Food Injustice Warrior - \$500+



LOOKING FOR OTHER WAYS TO HELP?

Have a plot
of land for
use?

Other
ideas?



We want to hear from you!

Reach us at Hello@SunflowerTurning.org