



Farm to Friends

Fresh Fruit and Vegetable Donations


Can you help our kids stay healthy by donating farm fresh fruits and vegetables this summer?

Sign up to be a fresh fruit and vegetable donor by visiting our website at: friendsofyouth.org and click on the **"Support Us / Provide Goods"**. We have opportunities to donate all over East King County.



How to help

Deliver produce directly to the program site now through September, coordinated with site staff for a time and day that works for you.



Provide a variety of produce for 5 – 15 youth to use over the course of the week. Suggestions of weekly donation of fruits and vegetables include:

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|--------------|------------------|
| Lettuce | Potatoes |
| Tomatoes | Root Vegetables |
| Onions | Apples |
| Bell Peppers | Seasonal Berries |
| Cucumbers | Seasonal Melons |
| Carrots | Fresh Herbs |

Add any of your seasonal favorites!

Friends of Youth

delivers a broad range of services to youth and their families to improve their emotional stability and self-sufficiency. We envision all youth having every opportunity to succeed.

Parents and caregivers play a key role in helping to make healthy choices for children and teaching them to make healthy choices for themselves, but in today's busy world, this isn't always easy.

Join us in providing our youth with the tools, support and information they need to make healthier food choices and provide them with the skills for healthy eating that can last a lifetime.

THANK YOU