

IMMEDIATE RELEASE

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Flint River Fresh Hosts Fall Fresh Start Giveaway at the Hope Center Free Food Garden Supplies

Albany, GA – Flint River Fresh w/Farmer Fredo inspires and equips the community to grow food for themselves and neighbors in need. The Fall Fresh Start Giveaway, hosted by Flint River Fresh, is a food gardening resource community event happening Saturday, **September 10th beginning at 10AM**. Individuals, families, and school or community garden groups can pick up free transplants, seeds, and compost at the Hope Center, 925 Pine Avenue in Albany.

This giveaway answers the community's request for more food gardening resources following the successful 2022 Earth Day event at the 5th Avenue / Phoebe Community Garden where Flint River Fresh gave away buckets of compost and over five hundred transplants to community members ready to start growing fresh fruit and vegetables. On September 10th, a variety of transplants and seeds including collards, turnips, beets, carrots, bush beans, and more will be available on a first-come, first-served basis. All community members are welcome!

"We are ecstatic about helping more neighbors realize their ability to become more food secure by growing healthy food at home or in community food spaces" says Fredando Jackson, Executive Director of Flint River Fresh. The Fresh Start program primarily aims to support three groups of food gardeners:

- Individuals and Families - lower to moderate-income households
- School Gardens Youth – students taking part during interactive agriculture lessons at local schools
- Community Gardens - food garden groups donating harvests to local food pantries, affordable housing communities, and nonprofits

FLINT RIVER FRESH
Fresh Start Giveaway
Fall Edition
SEPT 10 | 10AM
Hope Center
(OLD COCA COLA PLANT)
925 Pine Avenue, Albany, GA
Plants: Broccoli, Cabbage, Cauliflower, Collards, Kale, Lettuce
Seeds: Beets, Carrots, Lettuce (Spring Mix), Mustard Greens, Radishes, Spinach, Turnips
and **Compost**

OPEN TO THE COMMUNITY!
Individuals &
Community Garden
Groups are welcome!
LET'S GROW!

Note for Community Garden Groups Only!
Please **submit order forms by Sept 7th** so that bulk orders are prepared and ready to go!

Volunteer Sign-Up & Order Forms at
flinriverfresh.org/new-events

Community garden groups must submit a pre-order form by **September 7th** at www.flinriverfresh.org/new-events. The order form is for community garden groups only. Please do not submit an order form unless you are ordering for an established active community garden. Individuals and families can show up to the giveaway, select transplants and seeds, and grab a bag of compost while supplies last. Email info@flinriverfresh.org for more information.

Flint River Fresh partnered with Sherwood Baptist Church to use the Hope Center at the former Coca-Cola plant to accommodate opening up the Fresh Start giveaway to community members and community garden groups in Dougherty County and the surrounding area. Volunteers are needed on September 9th to help pack seeds and prepare orders and again on September 10th to help with logistics and distribution.

Sherwood Baptist Church is one of Flint River Fresh's most supportive community partners and will help with volunteer management. Link to the volunteer sign-up form at www.flintriverfresh.org/new-events.

Fresh Start giveaways transform into hundreds of healthy meals within the community and helps Flint River Fresh respond to food insecurity in Dougherty and surrounding counties including Terrell, Baker, Mitchell, and Lee. Flint River Fresh community events and giveaways are possible because of generous donors, sponsors, and partners supporting the Flint River Fresh mission. Learn more about getting involved at www.flintriverfresh.org.

Safety is a priority in Flint River Fresh spaces. Face coverings are recommended for everyone. Flint River Fresh follows CDC guidelines and local mandates for mitigating the spread of the coronavirus and variants.

Follow Flint River Fresh on Facebook and get notifications when new events are posted.

Flint River Fresh is a 501(c)(3) organization aiming to make fresh, locally-grown produce accessible and affordable for people throughout the Flint River Region, while empowering community and youth through education and outreach opportunities. Visit www.flintriverfresh.org to learn more.