



Grow a Row Workplace Challenge 2021

The theme is “Growing Compassion and Going Green”

The **Grow a Row Workplace Challenge is back!** A unique opportunity for organizations to partner with Loving Spoonful to improve food security in the Kingston area. Businesses are craving ways to contribute to their local communities while enhancing their employees’ experience. The Loving Spoonful Workplace Challenge is it! Is your business beside another? Have some good ol’ fashion fun and see who’s garden can grow the most pounds of food for donation.

What’s Involved?

We ask that you consider creating a workplace garden to grow herbs and vegetables for those in need. This is a chance for a team of employee volunteers to collaborate on cultivating a small space that will provide a significant impact. There are many options for finding a location to grow. Green space can be patches of land near your place of business, raised beds or even atriums used currently to home plants and flowers. You can get creative and use tower gardens (go vertical!) that can be used in minimal spaces, or how fun would it be growing on your rooftop? Where there is a will, there is a way!

Benefits:

- While contributing to increased access to healthy food for our neighbours, your staff will reap many rewards. Fresh air, mental health breaks, feel good about helping the community and the environment.
- Company gardens are an increasing part of numerous wellness programs. They can help reduce stress, promote light exercise, and facilitate team building. The overall impact on employee morale can be incredibly positive.
- From a business perspective, the garden will demonstrate commitment to sustainability and strengthen ties with the community. This sort of garden can illustrate the type of engagement that contributes to attracting and retaining staff.

If the Loving Spoonful Grow a Row Workplace challenge sounds like a fit for your business or organization, and we hope it does, please contact Ashley Burns by email: ashley@lovingspoonful.org for more information. We would love to hear from you!

Sincerely,

The Loving Spoonful Team

Testimonial: *First-time gardener Kim Smith from Rona had so much fun, she is doing it again and expanding! The team at Rona enjoyed coffee breaks and watching the garden grow bringing so much joy.*



Pictured left: *Loving Spoonful and Rona Home and Garden Kingston at Rona's first workplace garden, 2020 for staff to enjoy breaks and grow good food together.*

Pictured right: *Ashley Burns from Loving Spoonful and Kim Smith from Rona Home and Garden Kingston receiving Kim's first harvest of radishes from 2020.*

Enjoy building relationships, and growing together as a team while you help connect people in our community with good food.

Since 2011 our Grow a Row program has collected and distributed over 162,000lbs of locally grown garden vegetables by individuals like you, community gardens and local farms. We hope you consider joining us in connecting people with good food. **For more information about Loving Spoonful, visit our website at www.loving Spoonful.org**

