



Grow A Row!

Donate Your Fresh Produce To The Seva Food Bank

Are You Getting Ready To Plant Your Garden This Summer?

Please consider planting a row for hungry families served by the Seva Food Bank. We welcome all donations of fresh fruits and vegetables.

Participation is easy! Dedicate a row of your garden to the Seva Food Bank and donate the fresh produce from that row.

Produce provided from home gardens is so much fresher than any other produce we receive, that it will be distributed very quickly. There is no such thing as too much produce at the food bank. Our food bank clients are very appreciative of the donations.

What To Grow?

You can plant and grow whatever you want. Long lasting root vegetables like carrots, beets and potatoes are best. However, any produce that can be easily handled and stored, such as cabbage, carrots, peas, beans, tomatoes, radishes, sweet peppers, summer squash, apples, and pears are welcome.



The Seva Food Bank is located at **3413 Wolfedale Rd (Unit 10), Mississauga, ON.**

Donations are accepted **Wednesdays** between 5:30 and 8:30 pm and **Sundays** between 12 and 5 pm.

For more information visit our website at www.sevafoodbank.com or call 905-361-SEVA (7382).