



### Language for Posting Online About Food Forward—Full Post

Hi there,

I am a neighbor in the \_\_\_\_ area. I currently [volunteer with OR support] a nonprofit organization called Food Forward. Food Forward collects fresh, surplus produce throughout Los Angeles, Ventura, and Santa Barbara counties, and donates it to local hunger relief organizations. We fight food waste and food insecurity simultaneously. In 2023, Food Forward volunteers recovered and donated nearly 1 million pounds (more than 5.5 million servings) of perfectly edible produce—enough each day to meet the USDA's recommended servings of fruits and vegetables for more than 3,000 people!

Food Forward is looking for volunteers in two programs:

- Backyard Harvest: volunteers harvest fruit trees in their communities (ages 5+)
- Farmers Market Recovery: volunteers collect surplus fruit and vegetables from local farmers markets (ages 12+)

Volunteer events are 1.5-2 hours and are a fun, flexible, and family-friendly way to make a big impact in our community. You can sign up to volunteer at [foodforward.org/volunteer](https://www.foodforward.org/volunteer).

If you or your neighbor have a fruit tree, you can register to donate your fruit at [foodforward.org/donate-food](https://www.foodforward.org/donate-food). Food Forward accepts most kinds of fruit, and all donations go directly to folks in your community who are experiencing food insecurity. Fruit donors receive a receipt for their in-kind donation.

You can contact me or [volunteer@foodforward.org](mailto:volunteer@foodforward.org) if you have any questions. Thank you!



### **Language for Posting Online About Food Forward—Short Post**

Looking for a fun, impactful way to support your community? #FoodForwardInc. Volunteers collect fresh fruits and vegetables that would otherwise go to waste and connect them with local hunger relief organizations! I have [volunteered with OR supported] Food Forward for \_\_months/years, and it is [your experience here]! Learn more at [foodforward.org/volunteer](https://www.foodforward.org/volunteer). If you or your neighbor have a fruit tree, you can also register to donate your fruit at [foodforward.org/donate-food](https://www.foodforward.org/donate-food).