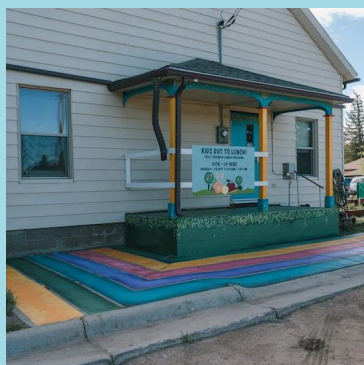




## September's Program and Volunteer Updates

**Kids Out to Lunch, Shares program, Grow a Row, Shares recipe project, Volunteer highlights, Donations, and Food and Fun in the Park**

### Program Updates



#### Kids Out to Lunch

Thank you to our wonderful team and community members this summer as we adapted to the safe and new changes made for our summer Kids Out to Lunch program. This summer was such a success we even had participants ask for a few of our recipes! We served over 100 lunches a day, which were picked up either by car or by foot. Check back with us about receiving lunches this fall!

[Learn More](#)



#### Shares Program

We are all experiencing the effects COVID-19 is having in our personal and professional lives, so if you are in immediate need of assistance with food security, sign up for our free Shares program.

[Learn More](#)



#### Grow a Row

Our wonderful and loyal volunteer, Selvi, is also a Grow a Row program participant. She is growing lettuce, spinach, and kale in her garden and wants to donate these greens to our Shares program. Do you have produce to share? Call or email us on how you can sign up!

[Learn More](#)

## Volunteer Updates



### Shares recipe project

Have you been keeping up with the yummy recipes we distribute each week? If not, then be sure to check them out here. We would love to hear from you if you have any recipes to share!

[Learn More](#)



### Volunteer Highlights

We've had several volunteers sign up over the past month to help water, weed, harvest, and prepare Shares bags. We couldn't have accomplished everything without them! Thank you, volunteers!

[Learn More](#)

## Other News



### Food Donations

It was a perfect fit for Dr. Eric Uhlman, beekeeper, and us to collaborate. He needed a good space for his bees and we needed pollinators for our gardens. After he harvested the honey, he donated some of it to us! Thank you, Eric, for the delicious donation!

[Donate here](#)



### Food and Fun in the Park

This year's event couldn't have been more successful! We had around 200 people spread out at LaBonte Park enjoying their picnic lunch, going through the no touch obstacle course, popping 10 bubbles for a free prize, and searching for items on the scavenger hunt. Thank you to all of our staff, volunteers, and community members for a safe and wonderful time!

[Learn More](#)

We send you all our best during these challenging times and are here to help our community share the best it has to offer with one another.

Sincerely,

Candace Teems | Program Coordinator  
Feeding Laramie Valley  
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