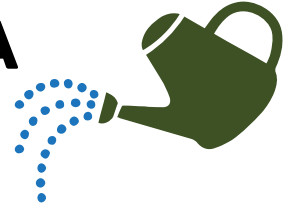




**GROW A  
ROW**



Sharing with others helps us grow giving, caring communities. One way we can share with our neighbors is by donating to local food banks. As you plan and grow your family garden, plant an extra row of fruits or vegetables. Use the harvest from this extra row to share with your neighbors and donate to your local food bank. Donations to food banks provide meals for many who might have gone without. You can make a direct impact on the life of these neighbors by sharing. Use the resources below to find Utah food banks and instructions for donations.

**Resources:**

- [Community Action Services and Food Bank \(Provo\)](#)
- [Utah Food Bank \(Salt Lake City\)](#)
- [Find a Food Bank Near You](#)

**Daniel Tiger's Neighborhood Application**

*"Sharing grows little by little, as children develop the ability to see things from another person's point of view and to trust that what they share will be given back."*

-Fred Rogers

Daniel Tiger and his friends learn to share by playing together and sharing toys. In episode 110, "Daniel Shares his Tigertastic Car/ Katerina Shares her Tutu" the children learn that when they share, they feel good inside. Watch this episode and encourage children to think about how sharing their harvest with neighbors will help them feel good inside too.

Learn more about Daniel Tiger and watch these episodes [here](#).