

# 5 Simple Ways to Connect with Your Community Over Food

## 1 Join a community garden.

Check out the **Rochester Garden Central** community garden list online to find one near you!



## 2 Attend community food events in support of local food businesses.

Find monthly events highlighted in **CITY Magazine** and at the **Rochester Public Market**!



## 3 Share a meal with your neighbors.

## 4 Contribute to community food stands.

## 5 Donate your time or other resources to organizations that are feeding your community.

Ex) Dad's Macaroni (pop-up soup kitchen) at the Flying Squirrel Community Space in Rochester; Rochester Food Not Bombs in the South Wedge