

**FOR IMMEDIATE RELEASE:**

**Northampton Free Library Announces Community Garden Grant**

*Nassawadox, Virginia – [September 29, 2017](#)*

On September 29<sup>th</sup>, 2017, communities across the Commonwealth will participate in the inaugural Feed Virginia Day of Action, an initiative of the Commonwealth Council on Bridging the Nutritional Divide and First Lady Dorothy McAuliffe. The Day of Action is an opportunity for all Virginians to join the fight against hunger by volunteering with local organizations and supporting the Council's work to improve food access and strengthen connections throughout the food system.

In celebration of this day, the Eastern Shore Public Library invites you and your family to help kick off the construction of their new community garden at Northampton Free Library, the branch library in Nassawadox, Virginia, on **Friday September 29, from 4:00 PM to 6:00 PM.**

Thanks to the help of Christina Ruszczuk-Murray, 4-H Extension Agent/Unit Coordinator with Virginia Cooperative Extension - Northampton County, the library recently received a grant from Virginia Cooperative Extension Family Nutrition Program. This grant provided the funding for the materials to create the community garden and is part of the **Eat Smart, Move More** campaign. Janice Felker, the Youth Services Librarian for the library system, says, "We are so excited about starting our own community garden for kids at the public library. It will provide many benefits for our Eastern Shore youth such as the opportunity to learn about how plants grow and at the same time grow and eat some very healthy food. By helping with the garden, they will also engage all of their senses and enhance their fine motor skills, practice their math skills, set goals and make plans, organize their time and materials, and practice patience."

"Virginia has an abundance of agricultural resources but nutritious, affordable food is still out of reach for far too many families," **said First Lady Dorothy McAuliffe.** "I am pleased to partner with so many incredible organizations and volunteers in our efforts to strengthen Virginia's food system. The engagement of groups across Virginia, from schools to farms to food banks, shows the impact and importance of this issue in every corner of the Commonwealth. Through the Feed Virginia Day of Action, we will be able to accelerate our work of bridging the nutritional divide and together advance the work of building a food system that works for all Virginians." Over 250 events will be hosted by food banks, schools, farms, nonprofits, and others, and will feature a variety of activities, from packing weekend food backpacks for kids, to gleaning excess crops for donation.

To celebrate the start of the garden and this day of action, the Library will host a short reception at 4:00 PM, followed by hands-on activities for children about where our food comes from presented by the Northampton 4-H. During the event, the Family Nutrition Program will be providing information about their educational programs. Eastern Shore Healthy Communities and their Food Access and Equity Work Group will also provide information and support. Please join all of these groups at the public library in Nassawadox as they work together to promote

access to healthy food and well-being for everyone in the community! For more information, email [youthservices@espl.org](mailto:youthservices@espl.org) or call (757) 787-3400.