

United Way of Northern Nevada and the Sierra
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**United Way of Northern
Nevada and the Sierra**

FOR IMMEDIATE RELEASE
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United Way Volunteers Prepare Rooftop Garden for Another Growing Season

WHO: United Way of Northern Nevada and the Sierra (UWNNS)

WHAT: UWNNS volunteers will help prepare the Rooftop Garden at the Community Assistance Center Family Shelter for this year's growing season. Volunteers from the Reno Rotarians and AT&T Pioneers, as well as UWNNS staff, VISTAS and community volunteers will perform the work. The families residing at the shelter are also invited to join the volunteers with this activity. Volunteers will mulch, rototill, and plant seeds and plants. Materials will be donated in-kind by the Reno Rotarians in conjunction with their focus on Earth Week.

Throughout the growing season, the families who are staying at the shelter receive classes in how to prepare healthy recipes using items harvested from the garden. They are able to make these recipes for their family with the use of a crock pot and other kitchen accessories located in their dorm room. Learning healthy cooking options is information they can take with them and incorporate as a lifelong healthy behavior.

WHEN: 9 a.m., Saturday, April 27

WHERE: Rooftop Garden at the Community Assistance Center Family Shelter, 335 Record St. in Reno

About United Way of Northern Nevada and the Sierra

The foundation that nurtures and supports healthy lives is made up of three, interconnected 'building blocks' – education, financial stability and health. United Way is ideally suited to create positive, lasting change by addressing all three areas as one – through proper expertise, capacity and relationships. Join us! Bring your passion, knowledge and resources to get things done all across our community. We all win when a child succeeds in school, when a neighborhood turns around and when workers have solid jobs. For more information, call 775-322-8668 or visit www.uwnns.org.

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