

# GLEANNING



In the United States, more than 35 million tons of spoiled and leftover food is disposed of every year. Of the 35 million tons, 500 thousand comes from San Diego. Food is wasted and discarded of in large quantities, and yet there are still 500 thousand people plagued with food insecurity within San Diego.



Cue: GLEANING! Many people are unfamiliar with gleaning, but it has actually existed as a form of social welfare for more than 2000 years. From the Old Testament to 18th century Europe, gleaning was an essential part of food security for the poor or homeless. This translated to the current day where it is now used as a food waste recovery practice in order to prevent crops and produce from rotting in fields or going to waste.

Whether it's donating your excess produce for picking or volunteering as a gleaner, there are many gleaning organizations that you can join in San Diego in order to contribute towards food sustainability and increased food security. See below for a list of gleaning organizations, you can also find more information on [WasteFreeSD.org](http://WasteFreeSD.org)!





## BACKYARD PRODUCE PROJECT

Mainly for residents in the Poway/Rancho Bernardo/Rancho Penasquitos area to donate surplus backyard produce by dropping it off at a specific site. All produce is distributed to low-income families and seniors in the area.

## HARVESTING SAN DIEGO

A local food program that connects fruit tree owners in central San Diego with volunteer gleaners and donate the produce to those in need. Call 619-630-5897.

## PRODUCE GOOD

Produce Good is a non-profit organization that was created to finding sustainable solutions to alleviate hunger and repurpose waste. Its flagship program is CropSwap, where it provides different types of backyard and small farm harvesting activities for people to participate in. Examples include Big Picks, Quick Picks, First Pick and Bumper Crop Small Farm Harvesting.

## SENIOR GLEANERS OF SD

Senior gleaners are volunteers above the age of 55 who harvest excess food from fields, backyards and stores. They then donate the food to local agencies that feed the hungry and poor.