

Drive-by Fruiting

What is this project? Each month OHCE members, in a working partnership with Southern Oklahoma Nutrition Program and Rebekah Williams, Outreach Representative, are asked to purchase an apple, one banana, one orange, one potato and one tomato for the purpose of giving it to an elderly person of their choice. This person may be “in need” of assistance, may live by themselves, may still have a spouse but they have difficulty getting to the grocery store or cooking; basically the recipient can be anyone a member selects.

What is the purpose of the project? The purpose is three-fold. First, when someone grows older it is often difficult to shop for and prepare foods because of physical limitations. Another factor is often when someone is alone they just don’t cook for themselves so they tend to have an unhealthy diet. A simple drive-by fruiting gift will *enrich their diets* with fresh fruit and the potato can serve as a meal or even two and will require little or no preparation.

The second purpose of the project is to have a “*connection*” with someone. As the provider of the monthly package you will have an opportunity to interact with someone who may be fairly isolated and alone. This interaction will be good for them emotionally, serving to keep that important human contact.

Finally the spin-off of this simple action may be *visibility*. Others who associate with the elderly such as a care-giver, home health nurse, hospice nurse, local bus or van driver, etc. may see this project in action and become more knowledgeable regarding OHCE and our projects and purposes.

How do I find someone to donate to? This is the simple part. Look at your neighbors, people you may go to church with, folks you may have grown up with in your community, even look within your own family. This person doesn’t have to come from a specific list, doesn’t have to meet certain requirement, it just needs to be someone who will benefit from the food and the contact with you.

How do I get started? What do I say? You aren’t required to give any type of speech or memorize something exactly like someone else. Your job will be to simply treat this person with respect and make a personal “connection” with them. Begin by telling them a little about the project and that you will be coming each month with a bag. There will be a simple flyer you may place in your first bag that explains a little more about the project and will allow the recipient to read it on their own time.

How will the number of people served be recorded for state project impact? OHCE clubs are asked to give their county OHCE President and Extension Educator the number of members

participating in the project. The President and Educator will be responsible for submitting the final number of participants.

Hello! My name is _____ and I am a member of Oklahoma Home and Community Education Group. Our group meets once a month to learn new things related to our families and we work together to make our communities a better place to live by conducting “community service” projects.

One of the projects we are working on across the state of Oklahoma is called “Drive-by Fruiting”. Each member is asked to connect with someone in their community and offer them a small bag of fruit and a potato each month.

We know it isn’t much but this bag is given in hopes that you will enjoy some fresh “goodies” and will remember our organization when you do so.

Thank you for assisting me with this project. I look forward to seeing you each month and in bringing you a bag.

Until next month....take care and if you have questions related to health, diet, family, budgets or any topic be sure to contact the OSU Extension Office. The Extension Educators will be glad to assist you with information you can count on.



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