



### Easy to Order

The Farm Fresh Packages and Preferences follow the same schedule as other packages and can be purchased at any SHARE site or at the SHARE center.

SHARE approved payment methods, including Senior and WIC fruit and vegetable vouchers and EBT cards, may be used to purchase Farm Fresh Packages and Preferences.\*

SHARE works hard to bring you a great package. If you have received a damaged item, have questions, or wish to give us praise, call SHARE (215) 223-2220.

### Experience What SHARE is All About

Join us at SHARE to help assemble Farm Fresh Packages and see for yourself how fresh it is!

#### \*FOR INFORMATION ON:

**WIC vouchers** – call your local office or call (215) 978-6100.

**Senior vouchers** – call the PCA Helpline in July and August (215) 765-9040.

**EBT** – call (215) 560-2547. The food stamp program helps eligible individuals buy nutritious food.

# The Farm Fresh PACKAGE



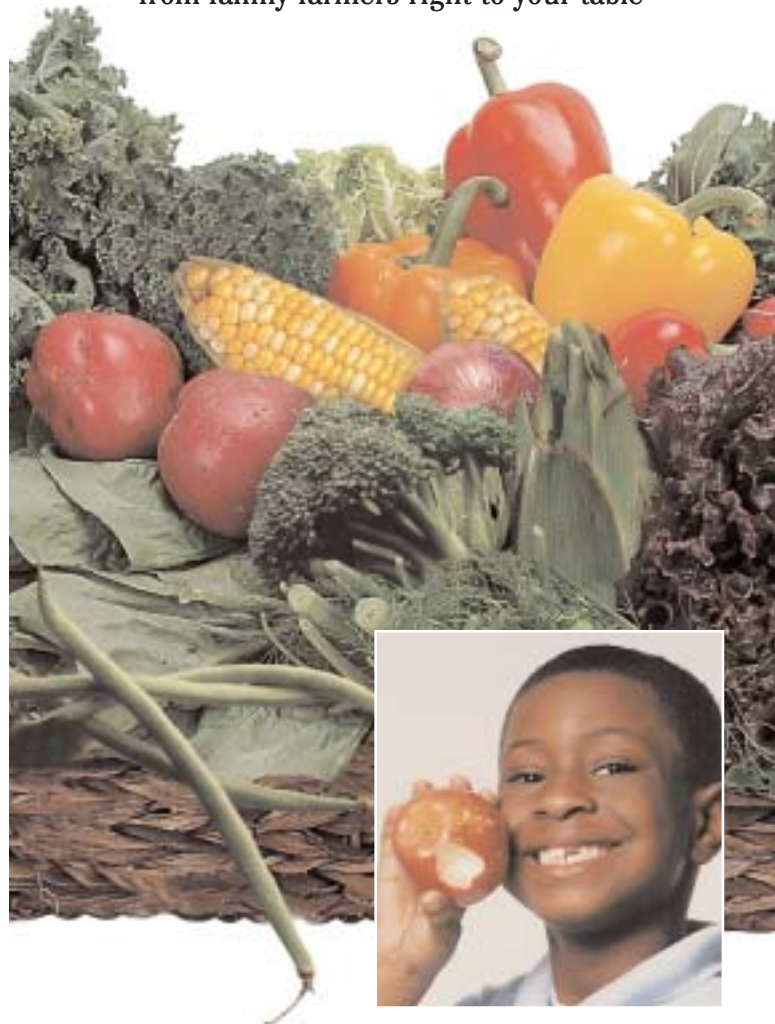
[www.TheFoodTrust.org](http://www.TheFoodTrust.org)



[www.ShareFood Program.org](http://www.ShareFood Program.org)

# The Farm Fresh PACKAGE

Delicious, homegrown fruits and vegetables from family farmers right to your table



A cooperative effort of **The Food Trust** and **SHARE**



## The Farm Fresh Package

From June through November, the Farm Fresh Package offers fresh, great tasting fruits and vegetables from family farmers. Farm Fresh produce comes to SHARE just after being harvested.

## Farm Fresh Fruits & Vegetables

### Eating 5 a Day Is Easy and Fun to Do.

Fruits and vegetables are nature's original fast food. To stay healthy, eat five to nine servings of fruits and vegetables each day. Eating 5 or more servings of fruits and vegetables daily may reduce your risk of cancer, heart disease, stroke, and other illnesses.

### Fruits and Vegetables Are....

- Tasty, low-fat snacks.
- High in vitamins, minerals, and fiber.
- Easy to prepare.

### Great Quality at a Good Value

The Farm Fresh Packages, filled with a colorful mix of fresh fruits and vegetables, are available in two sizes, single and family.

### Farm Fresh Preferences

We offer many fruits and vegetables separately on the SHARE preference menu. Farm Fresh Preferences may include collards, apples, potatoes, peaches, and more. You do not need to order a Farm Fresh Package to order from the Farm Fresh Preferences.

**SINGLE** – \$12.00 plus 2 hours community service

#### Past Examples of a Single Farm Fresh Package

JULY		SEPTEMBER		NOVEMBER	
Basil	1 bunch	Apples	4 lbs.	Apples	4 lbs.
Bell Pepper	2	Apple Cider	1 quart	Apple Cider	1 quart
Blueberries	1 pint	Bell Pepper	2	Broccoli	1
Cantaloupe	1	Cucumbers	2	Cabbage	1
Cucumbers	2	Green Beans	1 lb.	Lettuce	1 head
Green Beans	1 lb.	Lettuce	1 head	Onions	1.5 lbs.
Lettuce	1 head	Potatoes	4 lbs.	Spinach	1 lb.
New Potatoes	3 lbs.	Tomatoes	1 lb.	Sweet Potatoes	2.5 lbs.
Onions	1.5 lbs.	Watermelon	1 large	White Potatoes	4 lbs.
Peaches	2 lbs.	Zucchini	1	Winter Squash	2
Tomatoes	1 lb.				
Zucchini	1				

**FAMILY** – \$20.00 plus 2 hours community service

#### Past Examples of a Family Farm Fresh Package

JULY		SEPTEMBER		NOVEMBER	
Basil	1 bunch	Apples	8 lbs.	Apples	8 lbs.
Bell Pepper	2	Apple Cider	1 gallon	Apple Cider	1 gallon
Blueberries	2 pints	Bell Pepper	3	Broccoli	2
Cantaloupe	2	Cabbage	1	Cabbage	1
Cucumbers	3	Cantaloupe	1	Lettuce	1 head
Green Beans	2 lbs.	Cucumbers	3	Onions	3 lbs.
Lettuce	2 heads	Green Beans	1 lb.	Spinach	1 lb.
New Potatoes	6 lbs.	Lettuce	1 head	Sweet Potatoes	5 lbs.
Onions	3 lbs.	Potatoes	8 lbs.	White Potatoes	8 lbs.
Tomatoes	2 lbs.	Tomatoes	2 lbs.	Winter Squash	4
Zucchini	2	Watermelon	1 large		
		Zucchini	2		

*Farm Fresh items are different each month because of changes in local weather and season.*

*See back panel for more information!*

