



## Fresh from the Farm

### Healthy Fundraising for Ontario Schools

#### What is *Fresh from the Farm*?

*Fresh from the Farm* is designed to provide a healthy fundraising alternative to schools by selling Ontario-grown fruit and vegetables. Since 2013, over 1700 schools have raised over \$1.5 million for school initiatives, selling 3.6 million pounds (lb) of Ontario grown produce.

#### Why Participate?

- Schools keep 40% of sales.
- Families enjoy fresh, Ontario-grown fruit and vegetables.
- *Fresh from the Farm* promotes a healthy school environment while providing an opportunity for students to raise money for school initiatives.
- Provides opportunities for students to learn about agri-food and healthy eating
- Supports Ontario farmers and our local economy

#### What are the Ontario-grown Bundles for sale?



#### Vegetable Bundle: \$14.00

##### Includes:

- 5 lb bag white potatoes
- 3 lb bag sweet potatoes
- 3 lb bag yellow onions
- 3 lb bag orange carrots

#### Apple Bundle: \$15.00

- 8 lb bag Empire variety apples

#### How does it Work?

- Schools enrol on [www.freshfromfarm.ca](http://www.freshfromfarm.ca) by **September 27**
- Fundraise by selling Ontario grown Vegetable and Apple bundles to family, friends and the school community
- School Champion must submit orders online by **October 11**
- Schools will receive a 10 day advance delivery notice with specific date and 3 hour delivery window
- Deliveries take place between **November 4 and December 5**.
- On the delivery day, volunteers receive product and package Vegetable bundles into *Fresh from the Farm* bags. Apple bundles arrive pre-packaged in a poly bag.

#### Instructions to Fundraisers:

1. Record customer orders and complete the customer information on the Order Form (back-side of this flyer).
2. Collect cash or cheque payment payable to the school.
3. Return the Order Form and payment to the school by **the date advised by your school**.

We appreciate your support – helping students fundraise in a *healthier way!*

For more information email [contact@freshfromfarm.ca](mailto:contact@freshfromfarm.ca) or visit [www.freshfromfarm.ca](http://www.freshfromfarm.ca)





CASH or CHECK (Written to EOHSA or East Oxford Home & School Assoc) ONLY. MONEY **CANNOT** BE SENT IN THROUGH SCHOOL ONLINE SYSTEM.  
ALL PROCEEDS WILL SUPPORT THE SCHOOL NUTRITION PROGRAM.

ORDER FORMS AND MONEY ARE DUE BACK AT SCHOOL BY TUESDAY OCTOBER 15, 2019

PLEASE PLACE ORDER FORM AND MONEY IN A SANDWICH BAG OR ENVELOPE.