

## facebook.com/freshfromfarmON



## **Key Dates**

## May 2 – October 2

School Champion enrols the school and orders the toolkit www.freshfromfarm.ca/Enrol.aspx.

### **September 5**

Students begin to fundraise.

#### October 11

Deadline for orders/changes

November 6 - November 30
Deliveries to schools

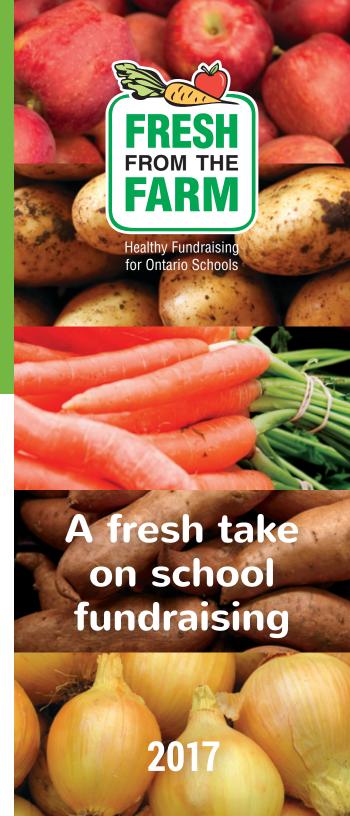
Fresh from the Farm is a collaborative initiative.













# Healthy Fundraising for Ontario Schools

## What is Fresh from the Farm?

*Fresh from the Farm* was designed to provide healthy alternatives to schools by selling Ontario-grown fruit and vegetables to school communities.

- · Schools keep 40% of sales.
- · Families enjoy value priced Ontario-grown food.
- Since 2013, 665 Ontario schools have participated in
   *Fresh from the Farm*. They collectively have distributed over
   1.6 M pounds of fresh, Ontario-grown fruit and vegetables
   to Ontario families with total sales over 1.7 M dollars.

## Why Participate?

*Fresh from the Farm* is the only school fundraiser offered to over 5000 schools, selling Ontario-grown fruit and vegetables.

#### Fresh from the Farm:

- Provides opportunities for students to learn about agri-food and healthy eating, creating a more supportive nutrition environment in schools.
- Raises awareness about the important role good nutrition plays in the development and well-being of children and youth.



- Supports Ontario government initiatives—Local Food Act, School Food and Beverage Policy, Student Nutrition Program, The Ontario Food and Nutrition Strategy.
- Contributes to the local economy and supports our Ontario farmers.

## Who can Participate?

For a list of eligible school boards and schools visit **freshfromfarm.ca/FAQ.aspx**.

## What Ontario-grown fruit and vegetables are sold?

#### Bundle A-\$13

5 lb potatoes, 3 lb carrots, 3 lb sweet potatoes, 3 lb onions

#### Bundle B-\$15

8 lb of Empire apples

#### **How does it Work?**

- Schools enrol May 2 October 2.
- Students fundraise beginning September 5.
- Schools submit orders by October 11.
- Product is delivered to schools during the month of November.
- Volunteers receive, sort and bundle vegetables.
- Parents pick-up their order.

## **For More Information**

- Call EatRight Ontario 1-877-510-510-2
- Visit www.freshfromfarm.ca
- Email contact@freshfromfarm.ca

