

Produce In A Box

Delivering Fresh and Local Produce to Worksites

The Onondaga County Health Department's Healthy Communities Initiatives launched a new program in July 2017, called "Produce in a Box." According to the Centers for Disease Control and Prevention, "eating more fruits and vegetables adds nutrition to diets, reduces the risk for heart disease, stroke, and some cancers, and helps manage body weight".

One key workplan objective of the Healthy Communities Initiatives, is to improve access to fresh produce at key worksites located in Syracuse, NY. We selected the Civic Center building, as it houses over 2,000 employees. We created an innovative and easy way for employees to purchase fresh produce. We partnered with a local farm, Emmi Farms, who prepared boxes of fresh and local produce, delivered them to the Civic Center, and charged a reasonable price of \$20 per box.

Distribution of the boxes and money collection occurred at the Civic Center making it easy and efficient for employees to purchase their monthly box. Each box contained approximately 20 pounds of produce (a 1/2 bushel), recipe cards, and tips about storing and preparing produce. The feedback from employees was overwhelmingly positive. Due to employee requests, we added two additional months to the schedule.

Local and Fresh Produce Delivered To You at Work!

Sign up for local and fresh produce! Now that is an assignment that you will savor!

Now this summer!

For more information call Adriana at x3288

BOXES WILL BE DELIVERED AT THE CIVIC CENTER ON: THURSDAYS
July 6
August 10
September 7

BOXES MUST BE PICKED UP THE DAY OF DELIVERY AT 10:00 AM

A WORKSITE PRODUCE DELIVERY PROGRAM!
Sign up to buy local and fresh produce that will be delivered to you at work! Each box is \$20 (farm stand prices) and will include an assortment of fresh fruits and vegetables, based on what is in season. No decisions for you to make!
During the three month delivery program, boxes may include: blueberries, corn on the cob, tomatoes, squash, and more. Each box will come with a recipe and/or storage tips! You can buy one box per month or more. You can buy each month, or for two, or three months! You decide!

GIVE THIS FRESH IDEA A TRY!
BUY ONE MONTH, TWO, OR ALL THREE!

Place your order by emailing LindaPark@ongov.net. Include your name, department, email address, and work phone extension. Note how many boxes you would like to buy for the month. Email your order no later than three days before delivery date.

Please have payment the day of box pick up... cash and carry only!

Produce pick up location will be in the Civic Center Banner Room at 10 am (please be on time).

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Produce Sales

Month	Produce boxes sold
July	130
August	150
September	85
Additional boxes based on employee requests	
October	50
November	42
Total produce boxes sold this season	457

OVER 9,000 POUNDS OF PRODUCE SOLD!



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