

## SFU Local Food Project

2621 West Mall Complex  
Simon Fraser University  
Burnaby, BC V5A 1S6  
Tel: 778.782.8763  
Email: info@sfulocalfood.ca  
Web: www.sfulocalfood.ca



## SFU HARVEST BOX

The SFU Harvest Box is a program for SFU students to get fresh fruits and vegetables delivered to campus. If you'd like to order but do not wish to pay online at [www.sfulocalfood.ca](http://www.sfulocalfood.ca), please follow these steps:

1. **Ensure the month you are ordering is not sold out** in advance by visiting our website!
2. **Fill out the form below and submit payment:**
  - **In person:** at our office, WMX 2621, in the Centre for Sustainable Community Development (located past the French department on the 2<sup>nd</sup> floor of the WMX) **OR**
  - **By mail:**  
SFU Local Food Project, 2621 West Mall Complex, SFU, Burnaby, BC V5A 1S6
3. Once your order is confirmed via email, **pick up your Harvest Box** on distribution day. The Local Box is delivered on the 2<sup>nd</sup> Thursday of the month and the Value Box is delivered on the last Thursday of the month. **Pick-up times and locations are between 12:30-4:00pm in Convocation Mall.** If you have any questions, please contact us at [harvestbox@sfulocalfood.ca](mailto:harvestbox@sfulocalfood.ca) or 778.986.3659.

## HARVEST BOX ORDER FORM

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

*\*Please note: we will be contacting you via email to remind you to pick up your order before distribution day, so please provide an email address you check regularly! ☺*

	Order-By Date	Pick-Up Date	Price	Quantity	Total Amount
<b>SUMMER SEMESTER Harvest Box</b>					
Summer Semester <b>Local</b> Box	May 5	May 12, June 9, July 14, Aug 11	\$63.00 (4 boxes)		
Summer Semester <b>Value</b> Box	May 19	May 26, June 23, July 28	\$25.50 (3 boxes)		
<b>MAY Harvest Box:</b>					
May <b>Local</b> Box	May 5	May 12	\$15.75		
May <b>Value</b> Box	May 19	May 26	\$8.50		
<b>JUNE Harvest Box:</b>					
June <b>Local</b> Box	June 2	June 9	\$15.75		
June <b>Value</b> Box	June 16	June 23	\$8.50		
<b>JULY Harvest Box:</b>					
July <b>Local</b> Box	July 7	July 14	\$15.75		
July <b>Value</b> Box	July 21	July 28	\$8.50		
<b>AUGUST Harvest Box</b>					
August <b>Local</b> Box	August 4	August 11	\$15.75		
<b>TOTAL ORDER</b> .....>					\$

### Method of Payment Enclosed:

- Cash
- Cheque (made payable to SFU Local Food Project)

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## About the SFU Harvest Box Program

We now have two different Harvest Boxes to choose from! Order each month individually or order all at once with our Summer Semester Harvest Box packages!

Can't get enough of the Harvest Box? Order both the Local and Value Harvest Boxes for a bi-monthly Harvest Box delivery!

### Local Harvest Box – \$15.75

- All local, seasonal, organic produce!
- Support local growers and sustainable agricultural methods
- Farm profiles featured in each newsletter – - meet your maker!
- Helps to support your community and keep both boxes going!

Includes seven or more different varieties of local, seasonal and organic produce (45 – 50 servings) and a newsletter featuring info on local food, tasty recipes and information about the farms that grow your goods!

**Distribution is on the 2nd Thursday of the month.**

### Value Harvest Box - \$8.50

- Focus is on value and making eating fruits and veggies more affordable and accessible
- Ideal for students and folks on a budget
- Conventional (non-organic) produce sourced as locally as possible, but imported stuff when it's a good deal
- Helps people save money!

Includes seven or more different varieties of produce (45 – 50 servings) and a newsletter featuring info on local food and recipes to prepare your produce. **Distribution is on the last Thursday of the month.**

### How to Pick Up Your Harvest Box

1. Order online at [www.sfulocalfood.ca](http://www.sfulocalfood.ca) or by filling out this form and submitting it by the order deadline
2. We will send you an email reminder the day before distribution day
3. Pick up your order on distribution day (between 12:30-4:00pm in Convocation Mall)
4. Bring your own reusable bag to bring your produce home with you!
5. Enjoy your Harvest Box!

**The Harvest Box program is brought to you by the SFU Local Food Project and the Fraser Regional Harvest Box Program.**

**For more information, please visit [www.sfulocalfood.ca](http://www.sfulocalfood.ca).**