



About the Harvest Box Program and the BOGO Box

"A Hand up, Not a Hand Out"

Thanks to a partnership between **New Westminster Parks, Culture and Recreation, School District No.40 (New Westminster)**, the **New Westminster Community Food Action Committee**, and **Help on Wheels** our community will be benefiting from a **Harvest Box Program**.

The Harvest Box Program was developed to encourage healthy eating, educate people on the benefits of eating fruits and vegetables daily, and support local BC farms. **It is a program for anyone who wants to purchase fresh fruit and produce at affordable prices.**

Since our supplier buys in bulk from a variety of suppliers, they are able to provide more fresh produce and fruit for the dollar when compared to shopping at the average supermarket. Boxes contain a wide variety of high quality fresh fruit and produce (about 10 pounds); with as much as possible locally grown to support BC farmers. **The program offers three box choices: a Harvest Value Box for \$8, a Harvest Local Box for 15.00, and a BOGO (buy one give one) Box for \$15.00.** The boxes come pre-packaged in a 100% post-consumer recycled box, and also contain a free monthly newsletter with important nutritional facts, information, and recipes.

When Community members purchase a BOGO box they receive a \$8 Harvest Value Box for themselves, and another is donated to a family or individual in need in the community. **The New Westminster Community Food Action Committee will be working with local community service providers and community schools to distribute the donated boxes to community members in need.** The philosophy behind the BOGO box is to provide "a hand up" not "a hand out" to support families and individuals in need, while providing service providers with another tool to support their clients in moving forward. The intent of BOGO boxes is to be distributed to specific families/individuals in need, with the goal that they will eventually be able to budget for the purchase of the box so that others in the community can benefit.

Harvest Box Depot Days are the 2nd and last Thursday of the month. Payment for any purchased boxes is due by 4:30 pm the Thursday prior, and requests for BOGO boxes are due by noon the Friday prior. *Please note: Additional boxes may be available for distribution on Depot Day. In the event a purchased Harvest Box is not picked up at the depots by closing, boxes will be donated to local organizations providing food supports in the community who have the capacity to immediately redirect the boxes to community members in need, or use the fruit and produce within their programming.*

How do Community Service Providers access the BOGO Boxes to support those in need?

1. Contact the New Westminster Community Food Action committee at: nwcommunityfoodactioncommittee@gmail.com to participate in the BOGO Box program.
2. Complete a New Westminster BOGO Box Request Form and send it to the above e-mail. (The information contained on the request form will be kept in strictest confidence, and will only be used for the purposes of distributing the BOGO Boxes, and for program statistics.)
3. On the Monday prior to Depot Day Organizations who have requested BOGO Boxes will be advised of the number of boxes available on Harvest Box Depot Day.
4. BOGO boxes will be allocated to organizations on a first come first serve basis. However, the committee will make every effort to ensure distribution of BOGO boxes to a variety of organizations.
5. Organizations will be responsible for picking up their BOGO boxes at the Lord Kelvin Community HUB (the portable located directly behind the school at 10th St. and 7th Ave.) between 3pm and 6pm on Harvest Box Depot days and distributing them to their designated clients, unless arrangements are made for their clients to directly pick up the boxes at Lord Kelvin.

The New Westminster Harvest Box Program is a partnership between:

