



## Organic Fruits and Veggies

### Is a food co-operative:

Our food cooperative is a community of individuals and families, who share food and work together to create a community that focuses on healthy food and living.

The purpose of the cooperative is not to accumulate profit, but to provide members with affordable organic produce.

All members have the ability to contribute in his or her own way and is encouraged to do so, to help keep the cooperative sustainable.

The best joys come from being creative and able to share the most delicious and healthiest foods with our friends and family!



A food cooperative is also a shared risk model. We buy from different organic farmers in bulk at wholesale prices. We share those prices with our members, so that we all get an abundance of fresh, organic and local (when possible) produce at the best wholesale prices possible.

Sometimes however, weather, disease, or pests will affect a harvest which drive prices up and limits availability and quality of produce.

This summer especially has been hard on our Ontario farmers and we are still seeing beautiful food coming from the fields. So remember to thank your farmer!

Members agree to share the bountiful rewards along with the risk.

### Our Mission:

Is to make organic fruits and veggies affordable for families in the Durham Region.

## Not for Profit:

We are passionate about improving the health of our community. We have a people over profit mentality and wish to do something meaningful for our community and the earth. We believe in sustainability and would like to create a health movement and leave behind a legacy for future generations.

We purchase in bulk at wholesale prices and share with our members. We also operate with student volunteers and local members who help us out with our organization, which helps keep our operational costs down.



## Why eat organic?

In Canada, farmers who grow their produce organically do so following a guideline that focuses on ecological farming practices. Ecological systems are designed to benefit both people and the land.

Organic produce is grown without the use of:

- Chemicals: Pesticides, herbicides and fertilizers
- Genetically modified organisms (GMOs)
- Antibiotics or growth hormones
- Irradiation, a way to preserve food with radiation energy

All of these have been linked to many health issues in humans, including cancer, endocrine disruption and autism.



Organic Farmers use a mix of integrated pest/weed management (done by hand or with machinery), crop rotation and composting to keep the plants thriving and the soil healthy.

Organic Farming is rapidly growing as more and more people are learning about the health and environmental costs of putting poisons in our bodies and the in environment.

## Where do we get our Organic Fruits and Veggies:

We work closely with local Ontario farmers and suppliers to bring our members the freshest produce we can.



## What is in your box?

Each week we work hard to add as much variety as we can.

We work with local farmers and wholesalers to fill our boxes with the freshest organic food.

We guarantee that:

Small to medium receive minimally 10-13 items

Large to Extra Large 13-15.

Quantity depends on availability and cost of food.

The lower the cost of food, the more we can put in our boxes and vice versa.

Here is a video of our Medium Box:

<https://www.youtube.com/watch?v=QvKjhlpUUWo&feature=youtu.be>



## When is delivery day?

Tuesday is your delivery day.

All orders are packed and delivered from 3-8pm

Pick Up – 1429 Major Oak Road Pickering L1X 2T2



## Box Returns

Members keep their boxes until their next order. Boxes need to be out **Tuesday Morning** for pick up.

If you forget to leave your box out please return your clean box to 1429 Major Oak Road Pickering L1X 2T2 prior to your next order.

Discontinuing the service? Please return your clean box to 1429 Major Oak Road Pickering L1X 2T2

To receive your box deposit refund in a timely manner, your order information must be included with your box **CLEARLY** stating you have cancelled or no longer want to receive order.

Boxes returned without this information will take us a lot longer to find and track your box for your refund. It can take up to 10 days to process your refund.

## **Box Deposit and Fees**

**Box Deposit:** \$34 (refundable)

**Box Replacement:** \$15 (non-refundable)

All members are charged the refundable box deposit when they place their first order.

Members are required to leave the box from your previous order out Tuesday morning so our drivers can pick up. Boxes not left out for drivers to pick up must be returned to the Whitby by the following **Monday**.

**A non-refundable box fee of \$15** will be charged for each additional box not returned within 2 weeks of your last order.

## **Pause, cancel or change your subscription:**

Members can make changes to their subscription anytime.

There are NO Commitments!

Members are asked to make changes **BEFORE their Order Renewal Day**.

Your Order Renewal Day is the day your order is renewed weekly or bi-weekly.

Changes made to your subscription on or after your Order Renewal Day will take effect on your next order.

If you change your order on or after your renewal date, members must notify us so we can cancel your order, otherwise you will still receive it along with your new order. If you are cancelling your subscription, this also applies. If you cancel after your renewal day you will still receive your current order if you do not notify us.

Your Order Renewal Day can be located by the Order Number on your receipt.

Organic Fruits and Veggies is not responsible for orders received, when changes are made after the renewal date, without us being notified. It is the member's responsibility to notify us of any changes made after the Order Renewal Day

As a member you agree to this.

For more information contact us at [info@organicfruitsandveggies.com](mailto:info@organicfruitsandveggies.com).

## Box Cleaning Fee

We are a non-profit organization that operates with volunteers and members' cooperation.

All members are expected to clean their box with soap and water, before leaving it out for exchange on delivery.

Members who return boxes that require cleaning will have a **\$5.00** cleaning fee will be applied to their credit card, as this costs the cooperative both time and money on resources that could be used to put towards food.



## How to get involved

### Refer A Friend

We love when our members share information about our cooperative with their friends and family

You can now get rewarded. When a friend or family member of yours orders for the first time from Organic Fruits and Veggies, Members can receive \$5.00 off your next purchase.

For more information, please contact:



## Become a Community Partner with Organic Fruits and Veggies

We offer many opportunities to profile your business within our cooperative, that will suit your budget.

Please email us at [info@organicfruitsandveggies.com](mailto:info@organicfruitsandveggies.com) us to request your Community Partner package.

## Volunteer

At Organic Fruits and Veggies volunteers are at the core of everything we do, and as a healthy community-based organization, Organic Fruits and Veggies learns from its volunteers and depends on their energy.

- Gain experience in a variety of roles
- Meet like-minded people
- Make new friends
- Help make a difference in your community

We are currently seeking **Members** who would like to volunteer for the following:

Picking and Packing Member Orders: Tuesday 10-3 pm

### Marketing and Promotions

Flyer distribution within Community

Posting and Sharing on Social Media – Facebook, Twitter, Instagram, You Tube

Events: Promoting Organic Fruits and Veggies Cooperative at local events.

If you have any questions, please contact us at [info@organicfruitsandveggies.com](mailto:info@organicfruitsandveggies.com)

