

# Farm to Work



**Where the farmer's market comes  
to you!**

UNIVERSITY of **HOUSTON**

# Farm to Work

Farm to Work (FTW) provides pre-ordered, fresh and locally grown produce to the University of Houston employees and students while promoting healthy eating and sustainability habits.



# History

- Texas Department of Health and Human Services (DSHS) created a program designed to get healthy local produce into the home of Texas residents while also helping the Texas farmers with a new revenue source.
- DSHS contracted the **Sustainable Food Center (SFC)**, a non-profit organization to create and maintain a website to take and track orders as well as to oversee the day-to-day operations of the FTW program.
- SFC trains site volunteers and liaisons between the farmers and volunteers to implement FTW programs in Austin, Houston, and San Antonio.
- SFC's mission is to cultivate a healthy community by strengthening the local food system and improving access to nutritious, affordable food.



# Plant It Forward



- The farms are designed to help refugees who have landed in Houston learn how to make a living wage through farming.
- Plant It Forward provides these farmers with a 12 month training program for organic and sustainable farming and then teaches them how to make a living wage selling their crops.

# Example Share



# Cost

- University of Houston - \$25.00 per share for 7-9 produce items.
- Other Houston sites may pay \$25 or \$20.
- Why are they different prices? Some sites are supplied by different farms that work from different share models. Both are in line with fair farmers market prices and provide the added value of being delivered to you at your job site.
- If you do not pick up your share during the time of pick up, the cost will be donated back to the farmer and produce will be donated to the volunteers.

# Extra Benefits

- All of the produce is grown using organic (no pesticides!) and sustainable farming practices.
- There are no order minimums. Order as often, or as little, as you like.
- There is a trade basket available at all sites that allows you to trade out items you may not like as much as other produce.

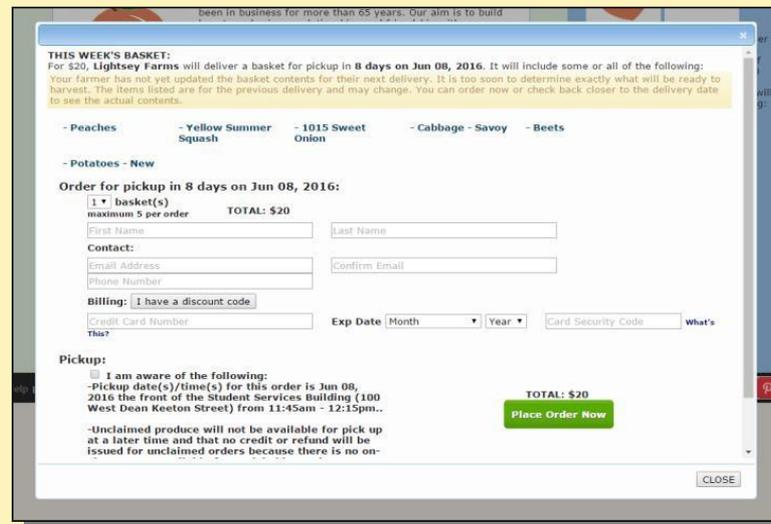


# How the Program Works

- Saturday/Sunday – The farmers update the produce list for the week based on growth and weather predictions.
- Monday – The customers are sent an email with the list for the week and the link to the ordering website where they can place their orders. All produce must be pre-ordered and paid online by credit card only.
- Wednesday – The customers are sent a second “Last Call” email.
- Wednesday - The website stops taking orders at noon for the current week.
- Friday – Delivery Day! Bring your own bag.
- Soft launch Friday, April 21<sup>st</sup>.

# Resources & Information

- Ordering website:
  - [uh.edu/ftworders](http://uh.edu/ftworders)
- A email receipt & confirmation of purchase will be sent.
- Friday – Delivery Day from 3:00 pm – 4:00 pm. Bring your own bag.



been in business for more than 65 years. Our aim is to build

**THIS WEEK'S BASKET:**  
For \$20, Lightsey Farms will deliver a basket for pickup in 8 days on Jun 08, 2016. It will include some or all of the following:  
Your farmer has not yet updated the basket contents for their next delivery. It is too soon to determine exactly what will be ready to harvest. The items listed are for the previous delivery and may change. You can order now or check back closer to the delivery date to see the actual contents.

- Peaches      - Yellow Summer Squash      - 1015 Sweet Onion      - Cabbage - Savoy      - Beets

- Potatoes - New

**Order for pickup in 8 days on Jun 08, 2016:**  
1 basket(s)      maximum 5 per order      TOTAL: \$20

First Name       Last Name

**Contact:**  
Email Address       Confirm Email   
Phone Number

**Billing:**  I have a discount code

Credit Card Number       Exp Date Month  Year       Card Security Code       What's This?

**Pickup:**  
 I am aware of the following:  
- Pickup date(s)/time(s) for this order is Jun 08, 2016 the front of the Student Services Building (100 West Dean Keeton Street) from 11:45am - 12:15pm..  
- Unclaimed produce will not be available for pick up at a later time and that no credit or refund will be issued for unclaimed orders because there is no on-

TOTAL: \$20  
[Place Order Now](#)

[CLOSE](#)

# Location

- **Welcome Center– Westside  
(Across from the Hilton Parking  
Garage)**
- Pick-up of produce will be every  
Friday from  
3:00 - 4:00 pm hosted by the Office  
of Sustainability.
- If you must drive to the location,  
employees are encouraged to park  
in the Welcome Center Parking  
Garage. (First 30 min. free)
- Entrance to Parking Garage – **use  
Calhoun visitor entrance**



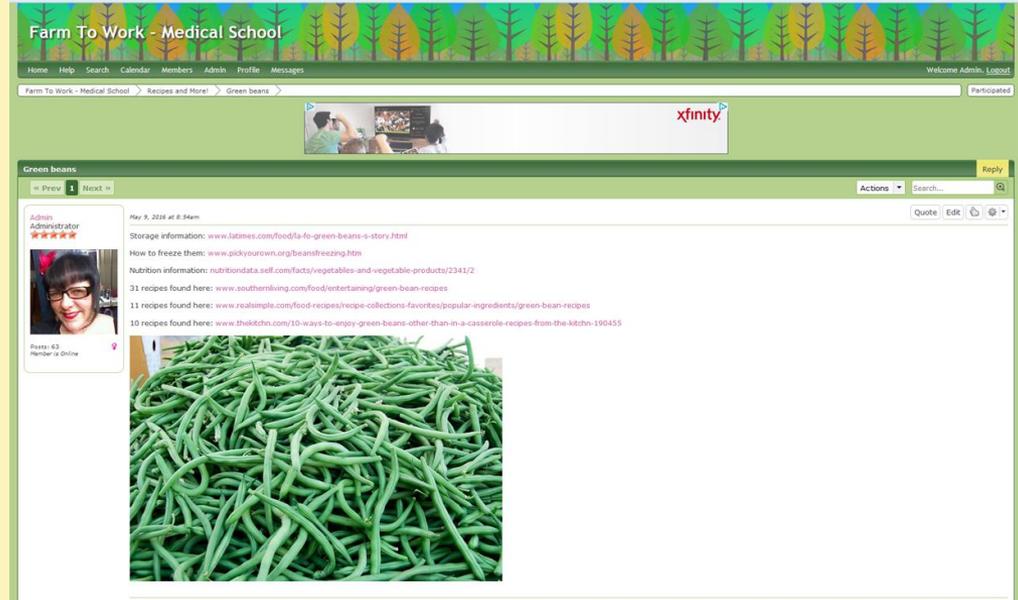
# Volunteer Information

- Meet at 2:00 pm on Friday at the Office of Sustainability
- Set up bin includes:
  - 2 Tables
  - Table cloth (2), burlap
  - Table Signage
  - List of shares with clip board
  - Pens, gloves, hand sanitizer
  - A-frame signage (2)
- Volunteers will help with set up and break down
- Volunteer will check off consumer pick up and will provide each produce item to consumer



# Recipes Galore

- SFC provides several recipes for each item on their website.
- The UT Medical School runs a secondary website for their FTW program that contains thousands of recipes, storage and nutritional information for each item. UH employees are welcome to use this site for additional recipes and more.
- [uh.edu/ftwrecipes](http://uh.edu/ftwrecipes)



# Questions?



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**Farm  
to  
Work**



Fruits, vegetables and  
herbs from local farms



Bring your own bag  
to carry your produce



Show your receipt  
to claim your order

UNIVERSITY of  
**HOUSTON**

OFFICE OF SUSTAINABILITY

**POWER UP**

An Employee Wellness Initiative

UNIVERSITY of **HOUSTON**