

People's Grocery West Oakland Grub Box Info



In West Oakland there are...

30,000 residents
53 liquor stores
17 fast food restaurants
0 grocery stores

The number 1 cause of death is heart disease.
The diabetes hospitalization rate is 4 times higher than the county rate.

Want affordable, healthy, fresh fruits and vegetables on a regular basis?

Get your Grub On!!!

What Is The Grub Box?

The Peoples Grocery's Grub Box is based on the popular Community Supported Agriculture (CSA) model. The idea is that West Oakland residents buy a "share" in a People's Grocery's farm for one season. The members then get access to a portion of the harvest from 1st week of June until the last week of November.

What Do I Get?

By becoming a member of the Grub Box you receive a variety of great tasting fruits and vegetables at a price well below store prices. Additionally, because you are buying directly from the farmer, we can choose vegetable varieties for taste, rather than how they ship, pack, or look on store shelves. The contents of the Grub Box will vary with the changes of the season.

Possible seasonal contents:

Spring: Peas, fava beans, beets, carrots, cabbage, turnips, herbs, lettuce, green garlic, sweet and regular potatoes, and a variety of seasonal fruit.

Summer: Eggplant, hot and sweet peppers, cherry and slicing tomatoes, beans, summer squash, herbs, cucumbers, potatoes, and stone fruit – peaches, nectarines, and plums.

Fall: Lettuce, spinach, winter squash, arugula, bok choy, beets, cabbage, as well as summer crops well into October.

Winter: Broccoli, cauliflower, carrots, onions, garlic, winter squash, lettuce, spinach, citrus fruit and persimmons.

Year Round: Greens (kale, mustard, chard, spinach, collards, turnip greens), garlic, and onions.

Grub Box Details

How It Works:

A grub box has to be reserved with payment. When you pick up your box, you can pay for the next one. Or if you'd like to pay for more than one at a time then we'll know you're coming back each week and will have it ready for you. You'll keep going till until you've had enough grub (which may never happen!), but should you decide to stop it's all good.

Payments MUST be received by end of day Friday prior in order to receive a box on the following Tuesday.

When and Where?

936 Brockhurst St.
(b/w Market and San Pablo behind
YMCA)
Tuesdays: 3:00pm – 5:30pm

DeFremery Park
1651 Adeline St.
(Adeline @ 18th St.)
Tuesdays: 5:30pm – 7:00pm

If you are unable to pick up your box during the designated pick up times, please notify us as soon as possible. Boxes not picked up on time will be sold or donated but payment will be applied for no-shows.

Cost:

\$12 per box. You may pay for multiple boxes at once (2 boxes = \$24, 4 boxes = \$48, etc.).

Get Started!

Complete and submit the enclosed application form. We will follow up with you to confirm your first pick up date. We will confirm within 1 week of receipt. Submit payment via one of the following options:

- 1) *Checks* – Please send checks with the subscription form to the office. Please make all checks out to People's Grocery.
- 2) *Cash* – Send or drop off cash with the subscription form to the office.
- 3) *Credit card* – Submit payment online at <http://www.peoplesgrocery.org/staticpages/index.php/pay>.
- 4) *EBT* – Voucher must be filled out in person at office or pick up site.

Send membership application and/or payment to:

*People's Grocery
3236 Market St., #103
Oakland, CA 94608*

diana@peoplesgrocery.org

Fax (510) 652-7602

For questions call Diana at (510) 652-7607



**People's Grocery
Grub Box Membership Form**

Today's Date: _____

First Name: _____ Last Name: _____

Address: _____

City: _____ Zip: _____ Phone: _____

E-mail address: _____

How did you find out about the Grub Box? _____

Membership Type:

- Resident Box- \$12
 Sponsor Box- \$24/box (minimum purchase is 4 boxes)

Preferred Pick Up Location:

TUESDAYS

- 936 Brockhurst St., between Market and San Pablo (3:00pm – 5:30pm on Tuesdays)
 Defremery Park, 1651 Adeline St. (5:30pm – 7:00pm on Tuesdays)

FRIDAYS

- 5505 Beaudry @ 55th St., off San Pablo (1:00pm – 8:00pm)
 Ecology Center (1:00pm – 6:00pm)
 Highland Hospital (8th floor)- Employees only
 Green For All- Employees only

Payment Information:

Payment method:

- Cash
 Check
 Credit Card (must pay online)
 EBT Card

Frequency:

- Weekly
 Every Other Week
 Monthly (Residents only)

Residents: ___ # of Boxes x \$12 = Total Payment \$ _____

Sponsors (min. of 4 boxes): ___ # of Boxes x \$24 = Total Payment \$ _____

Start Date (Date you'd like your first box): _____

Optional:

Date of Birth: _____ Ethnicity: _____

How many people will you feed with your box?

- More than 5 4 3 2 1