



## People's Grocery Grub Box Sponsorship 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.

***We need you to help us provide affordable fresh fruits and vegetables for West Oakland families.***

### *How?*

People's Grocery is recruiting West Oakland low-income residents, particularly those enrolled in the federal food stamp program, to receive affordable boxes of healthy fruits and vegetables. For every Grub Box you buy at \$24, you subsidize a \$12 Grub Box for a West Oakland family. Sponsors must pay for a minimum of 4 boxes. This helps alleviate the costs of production that People's Grocery incurs as the result of operating its own farm and ensuring affordability for West Oakland residents.

### *What Do I Get?*

In addition to helping create more access to fresh fruits and vegetables for West Oakland families, sponsoring members will receive all of the benefits of a standard CSA including fresh, local, diverse produce, much of it heirloom, all of it organic, and the majority of it produced by People's Grocery's own farm, located 35 miles south of Oakland in the town of Sunol. 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

### **Pickup times and locations:**

Tuesdays  
936 Brockhurst 3-5:30  
deFremery Park Rec Center (1651 Adeline St.) 5:30-7:00  
The Ecology Center- 2530 San Pablo Ave., Berkeley  
1043 54th St (off San Pablo) from 3pm on

Any produce not picked up will be donated.

People's Grocery will consider other drop off arrangements if a minimum threshold of ten boxes can be met.

### **Cost:**

Sponsor Grub Boxes cost \$24/box. Below are example options for payment plans, but members may choose any combination of duration and schedule. Minimum purchase is 4 boxes.

Sample Payment Plans	# of Boxes	Amount
6 months- Weekly	26	\$624
6 months- Every other week	13	\$312
3 months- Weekly	12	\$288
3 months- Every other week	6	\$144
2 Months- Weekly	8	\$192
2 Months - Every other Week	4	\$96
1 Month- Weekly	4	\$96

### **Payment Process:**

Submit your application via e-mail or call (510) 652-7607, Application is online at <http://www.peoplesgrocery.org/staticpages/index.php/pay>. Payment may be made by Check by mail or Credit Card online at <http://www.peoplesgrocery.org/staticpages/index.php/pay>. Payment must be received by Friday in order to start pick up on the following Tuesday.

### **Sign up now!!!**

**Please submit your application and we will follow up with you to confirm.**

*Send sponsorship application to Diana Abellera  
[diana@peoplesgrocery.org](mailto:diana@peoplesgrocery.org) or fax to (510) 652-7602.*

*We will confirm within 1 week of receipt.*

*For questions call 510-652-7607*

*Thank you!!!*