

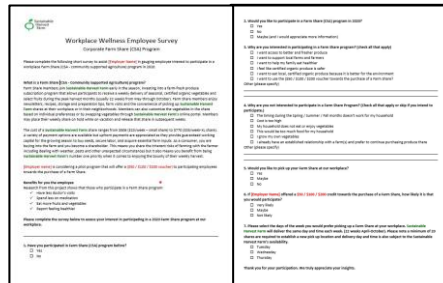
# Best Practices

## Corporate Well-Being Farm Share Program

### Farm Share Information Sharing

#### Employee Survey

Conduct an employee survey to determine level of interest and employee knowledge of Farm Share programs. Also, gain insights about best pickup day and feedback about offering vouchers can be gleaned



#### Meet and Greet

Host a Farm Share fair or meet & greet in your workplace. Invite Sustainable Harvest Farm to talk with your employees about the benefits of a Farm Share program and answer their questions.

#### What is a Farm Share?

(CSA) Community Supported Agriculture



- A "direct to consumer" means of selling farm fresh produce
- Members purchase upfront a subscription that features weekly deliveries of freshly grown produce
- Convenient pick up locations are established throughout Lexington, Corbin, Berea, London, Richmond, Somerset KY and Knoxville TN
- Shares consist of an assortment of seasonal vegetables and select fruits from May - October
- Farm share members also enjoy newsletters, recipes and storage tips for produce based on the season



#### Presentation to Wellness Team or Employees

Invite Sustainable Harvest Farm in to present to your wellness team or to your employees. This can help educate employees on what a Farm Share program is and the benefits of having one at your workplace.

#### Employee eBlast

Send an eBlast to your employees that provides details, costs and the benefits of a Farm Share program. Include links to the Sustainable Harvest Farm website and YouTube videos that highlight features of the program



Certified organic produce from our farm to your table.



# Best Practices

## Corporate Well-Being Farm Share Program

### Enrollment Process



#### Offer Vouchers

In order to help drive enrollment and help the company reduce their employee's medical and prescription claims, Sustainable Harvest Farm suggests offering vouchers (\$50, %\$100 or \$200) to help offset the annual cost. These are applied during employee's online enrollment.

#### Raffles

Raffle off Farm Shares prior to the sign up period. This creates excitement, generates interest, and encourage employees to participate in the program



#### Making Healthy Eating Easier



- ◊ Customizable Farm Share (CSA) – pick favorites and reduce food waste
- ◊ Convenient pick up locations
- ◊ Ability to switch pick up locations
- ◊ Option to place weekly Farm Share (CSA) on hold for vacations
- ◊ List multiple email addresses for email reminders
- ◊ Storage and recipe tips for Farm Share vegetables and fruits
- ◊ 100% satisfaction guarantee



#### Communicate Benefits and Convenience

Highlight the other features of the program (i.e. vacation hold, storage tips, recipe ideas for weekly share, payment plans, 100% satisfaction guarantee, refer a friend for \$20 credit) that employees have access to beyond the farm-fresh produce .

#### Send a Link

Send an email with a link to the Harvie (Sustainable Harvest Farm member portal provider) YouTube video that has a tutorial on how to use the portal to customize your weekly Farm Share



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Farm

# Best Practices

## Corporate Well-Being Farm Share Program

### Supporting Healthy Eating

#### Workplace Pickup Location

Sustainable Harvest Farm recommends to have Farm Shares picked up in a common area. Shares can be stored at room temperature, but should not be stored outside. If employees forget their shares, its great to have a refrigerator to store them overnight



#### Email Notifications

Find a volunteer to help coordinate the Farm Share program at your workplace and send out a weekly email to employees participating alerting them when the shares have been dropped off and reminding them to pick up their share for that week.

#### Get Social

Encourage employees to participate on Sustainable Harvest Farm's closed Facebook page to share recipes, and healthy cooking and eating success stories



#### Lunch and Learns

During the Farm Share season, host lunch and learn sessions for employees participating in the program. These can feature local chefs or employees that discuss healthy eating, conduct cooking demos or teaching knife skills.

