



THE BOX





The building **Box** of a healthy lifestyle!

- ❖ A proactive solution to family health; both delicious and at an unbelievable price! All USDA Certified Organic products so its safe and traceable farm to fork. The environment, the budget, the dinner table, your child and your school, who thought so many things could benefit from one box?
- ❖ People get a balanced diet over an extended period of time. Staples are included year-round and seasonal vegetable and fruit varieties will be sourced from local and regional growers.





WHAT IS A STAPLE?

- Squash
- Cucumbers
- Peppers
- Apples/Pears
- Broccoli/Cauliflower
- Pineapples

- Lettuce
- Celery
- Citrus
- Potatoes
- Onions
- Carrots





PRODUCT	MIN WT	PRICE	FREQUENCY
Small Vegetable Box	10lb Min	\$ 22.00	Weekly/Biweekly
Large Vegetable Box	20 lb Min	\$ 44.00	Weekly/Biweekly
Small Fruit Box	10lb Min	\$ 24.00	Weekly/Biweekly
Large Fruit Box	20 lb Min	\$ 46.00	Weekly/Biweekly
Small Combo Box	10lb Min	\$ 23.00	Weekly/Biweekly
Large Combo Box	20 lb Min	\$ 45.00	Weekly/Biweekly



WHATS IN THE BOX?

- ❖ 75% Basic Staple Items
- ❖ 15% Seasonal Items
- ❖ 10% Special / Local Items





BENEFITS:

- ❖ You know where your food comes from and how it was produced.
- ❖ You get high quality fresh *certified* organic produce at an affordable price.
- ❖ You make a significant contribution to improving the environment, by buying into agriculture that makes a minimum use of outside resources.
- ❖ You can plan your weekly meals by using the menu and recipes found on our website.
- ❖ You will enjoy the consumption of new and wonderful foods and have the opportunity to teach your child important life skills.
- ❖ You are raising money to help your children through a healthy lifestyle program.





WHY SUSTAINABLE ?

- ❖ Sustainability is defined as the capacity to maintain a process indefinitely. This means meeting the needs of the present without compromising the ability of future generations to meet their own needs.
- ❖ The concerns about the damage “Industrial Agriculture” is doing to our health and our environment .
- ❖ Childhood obesity and children's health programs.
- ❖ The movement of the public towards “ethical consumerism”.





WHY ORGANIC ?

- ❖ Organic food is grown without the use of conventional pesticides, human waste, artificial fertilizers or sewage sludge.
- ❖ Organic food is processed without ionizing radiation or food additives.
- ❖ Organic foods are not genetically modified.
- ❖ Organic foods keep pesticides and fungicides off our children's plates.
- ❖ Organic foods protects our environment.
- ❖ Organic food tastes better!





Think about this...

- ❖ More petroleum is used in the production of our food than in the operating of our cars. The easiest way to cut our oil consumption is to move our food production to Organic!
- ❖ If 10,000 medium sized farms (400 acres) in our country were to convert to organic production practices tomorrow it would have the same effect as if we took 1,170,000 automobiles off of the road. Both in fuel consumption and carbon footprint.
- ❖ The reality is that industrial agriculture indisputably destroys the soil, water and air while driving farmers off the farm. Industrial Ag also requires a steady supply of inexpensive fossil fuel; so even if it could feed the world, it is not sustainable.



Contact Person:

- ***JERRY ROEDEL***
- ***892 N 264 W***
- ***VALPARAISO, IN 46385***
- ***219-613-9578***
- ***JERRY@LIVINGEARTHFARMS.NET***
- ***www.livingearthfarms.net***

