



# UFH PICK UP GUIDE

**1. Look for a piece of paper with gridlines (the sign in sheet) and locate your name – place an “x” to the left of your name.**

- a. If you don't see your name on the sign in sheet, please call (717.656.3533 x 2) or email us [csa@lancasterfarmfresh.com](mailto:csa@lancasterfarmfresh.com)

**2. Locate your Unite For Her share, labeled with a yellow/green sticker.**

**DO NOT** open multiple boxes and look through vegetables. At each site, all Unite For Her Boxes have the same contents. Please just open or take ONE box.



**3. Take home your box and enjoy your veggies!**

**Please Note: Fruit and other share items have been purchased by CSA customers. DO NOT take fruit items, unless you have placed a fruit order with us.**

**Questions? Comments? We're here to help!**

9:00am - 4:30pm M-F call 717.656.3533 x 2 or email [csa@lancasterfarmfresh.com](mailto:csa@lancasterfarmfresh.com)