



# FALL 2020 CSA SHARE PICKUP GUIDE

## 1. Locate the sign in sheet and your name

- Check off your name. Item(s) delivered for you will always be listed in your row. If you believe the sign-in-sheet is incorrect or are missing an item, please call 717.656.3533 x2 or email us at [csa@lancasterfarmfresh.com](mailto:csa@lancasterfarmfresh.com)



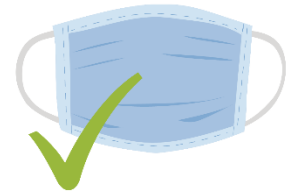
## 2. Locate your item(s)

- Before your first pickup, **review the detailed explanation of our shares on the next page!**
- Please Note: we are not collecting boxes for reuse. Please take your box home with you and recycle it, donate it to a local organization, or put it to use around your house.



## \*COVID-19 Pickup Guidelines\*

- Make sure to wash your hands before and after visiting your site, and **DO NOT** send anyone to a CSA site who is experiencing COVID-19 symptoms or has been in contact with someone who has the virus.
- **Masks or other face coverings** are always required at the pickup site!
- Maintain adequate physical distance – if someone else is picking up, wait until they have left the collection area before you enter.
- **ONLY** touch items at the site that are yours.



## FAQs

**What if I am going on vacation?** If you provide us with at least a week's notice, we can "pause" your delivery for one week. You can choose to receive replacement items in a future week, or store credit on your online account to be used toward any future CSA purchase.

**What if I want a friend/family member to pick up my share?** You are responsible to pass along all pickup instructions to them. Most CSA mistakes occur when members send substitutes – please help us avoid mistakes that cost our farmers money by sharing this pickup guide with anyone you send on your behalf!

**What if my share is missing?** Please contact your site host and LFFC ([csa@lancasterfarmfresh.com](mailto:csa@lancasterfarmfresh.com) or 717.656.3533 x2). We will do our best to help you locate your item.

## VEGETABLE SHARES

Veggie shares are packed in boxes labeled SMALL, MEDIUM, and LARGE. Always double check that the box you're taking matches what the sign in sheet has listed for you!



## FRUIT SHARES

Fruit shares are BULK PACKED, so don't take home the entire box! Locate the fruit instruction sheet taped to the side/top of the FRUIT SHARE bulk boxes at your site. Please follow the instructions exactly and do not collect more than your portion.



## OMNIVORE SHARE

### 1 meat item + 1 cheese item + 1 pantry item

Take 1 meat item (labeled "omnivore meat") and 1 cheese item (labeled "omnivore cheese") from the cooler; and 1 pantry item (from pantry box or inside cooler)



## VEGAN SHARE

### 1 block tofu + 1 loaf of bread + 1 pantry item

Take 1 tofu item from the cooler; 1 item from the pantry box; and 1 loaf of bread from the bread box. \*Bread and pantry item are stored inside cooler at some sites.



## BREAD/GF BREAD

Collect one loaf of the appropriate bread per share out of correct box.



*\*Refrigerated items are sent in a white cooler OR occasionally in an insulated bag placed in a cooler box. If you do not see a cooler at your site – please look for a cooler box.*

## CHICKEN, CHEESE, & MEAT SHARES

These shares are **bagged and labeled with the customer name**. Always make sure you're collecting a bag with YOUR name.

## EGGS

One dozen per share: **Bi-weekly egg shareholders**: always double check the sign in sheet before collecting an egg carton.



## YOGURT

Pay careful attention to **low fat vs. original**

## MILK

Pay careful attention to **whole vs. 2%**