



# 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.** 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.** Please **DO NOT** open multiple boxes and look through vegetables. Please take ONE box with this sticker.



**3. Take home your box or transfer your veggies to a reusable shopping bag.** Boxes left at your CSA site will be returned to the Co-op.

Please note: other share items have been purchased by CSA customers.  
**DO NOT take other share items unless you have placed an 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)