

Farmers Market Boxes

Employee Programming and Food and Nutrition are pleased to announce weekly Farmers Market boxes.

Have you ever wanted to go to the farmer's market but can't get there? This is the perfect solution.

Each week Parisi Farms will load the boxes with 10-15 pounds of seasonal vegetables and fruits. The boxes will also contain some recipes for the items in the box that week.

Cost: Boxes will cost \$25 per week.

How to sign up: Sign up will be for a month at a time. Fill out the attached sign up form and email to employeeprogramming@selfregional.org. To continue monthly boxes, you will sign up for the next month look for dates in the News to Know.

Payment: To pay for your boxes please call Sherry Lawlor at X6111. You can pay by badge or CC/Debit Card.

Payment Options: Monthly or weekly. Weekly payments must be received by Tuesday each week.

Box Pick Up: Boxes will be delivered every Thursday afternoon. Pick up will be from 3:30 PM – 5:15 PM in front of the Diabetes Center/Medical Library.

Boxes are not allowed in the hospital.

What's in the box? See below example.



Please contact Employee Programming with any questions.

Employeeprogramming@selfregional.org