

**Pick fresh  
vegetables  
and fruit  
for FREE!**



**Fresh Food  
Partners:**  
*Gleaning Program*



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To sign up and/or for more information on  
the gleaning program, please contact:

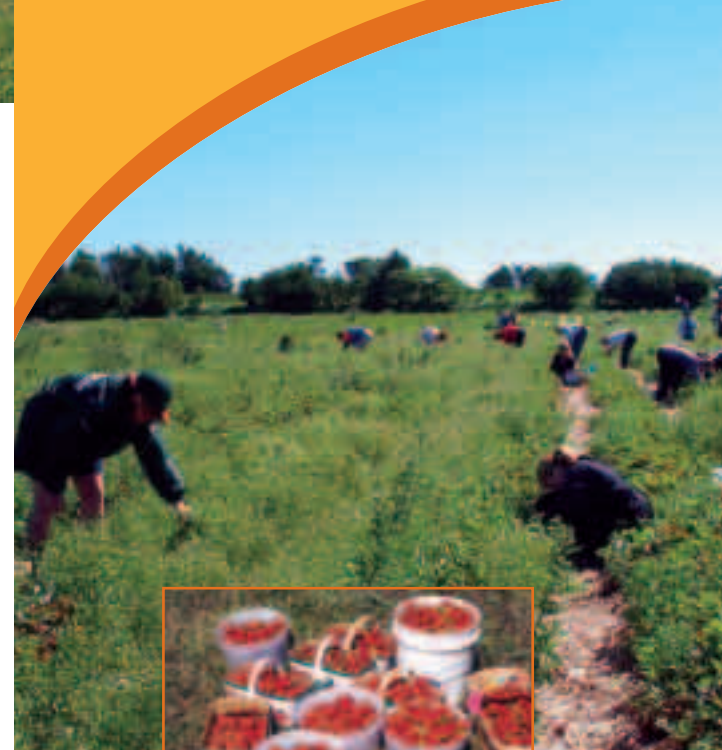
York Region Health Services  
Nutrition Services  
22 Prospect Street  
Newmarket, ON L3Y 3S9

**905-895-4512 ext. 4339**  
**1-800-735-6625**

Fresh Food Partners gratefully  
acknowledges the support of:



**Access to  
fresh vegetables  
and fruit  
at no cost.**



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A GUIDE for PARTICIPANTS



### *Who are we?*

**Fresh Food Partners** is a task group working with local farmers to help provide community members living on a limited income with fresh vegetables and fruits.

### *What is gleaning?*

Gleaning is a way of gathering vegetables and fruits in the field that would otherwise be left to rot or be ploughed under after harvest. Instead of having this good food go to waste, the gleaning program allows those in need to pick (or glean) the produce in the field for themselves and their family at no cost.

### *How does the Gleaning Program work?*

When a farmer is near the end of their harvest season, he/she will phone Fresh Food Partners. Gleaning happens at a date that is convenient for the farmer.

We will inform you about the gleaning trip and provide you with the information, such as, the pick-up location, time and date.

Participants are asked to meet at a central location to be picked-up and dropped-off. A school bus will then transport all participants to the farm. This way, we all arrive at the farm together.

### *What type of produce will we be gleaning?*

Fresh Food Partners is connected to farmers who grow strawberries, corn, zucchini, squash, peppers, tomatoes, broccoli, cauliflower, cabbage and apples.

### *Who can participate?*

The program is open to York Region community members who are living on a limited income.

### *Why should you participate?*

This is a great way to access fresh produce at no cost. It will provide an opportunity to meet other people, to enjoy a trip out of town and to be physically active.



### *What do I need to consider on a gleaning trip?*

- Each trip will take between two to three hours including travel time.
- You will need to provide your own containers to collect the produce.
- Bring bottles of water with you because it may get very hot.
- The weather can be unpredictable on gleaning trips, be prepared and dress appropriately.
- You will be out in a field. It is best to wear closed-toe shoes.
- Washroom facilities may not be available.
- All children must be supervised by an adult.
- Please respect the farmer's guidelines and their property.

**PLEASE NO SMOKING**  
on the GLEANING TRIPS.

Please call York Region Health Services to sign up for the gleaning program. We will let you know when a gleaning trip will take place.

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