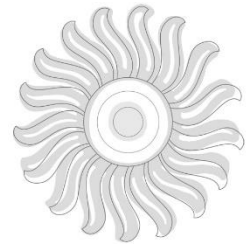


Apply Now for: Recipe for Wellness! A new, free program



You may qualify for sixteen boxes of farm fresh food
and a self-sufficiency training and certificate!

Seeds of Solidarity Education Center is excited to partner with Quabbin Harvest community market as part of their 'Food for All' program to provide **twenty, eligible low-income Orange households** with delicious local vegetables and self-sufficiency workshops on wellness, cooking, gardening, and budgeting. (This opportunity is separate from SNAP or HIP (Healthy Incentives) Programs.

Eligibility: In addition to being an Orange resident, there are three requirements below in order to apply:

1) This opportunity is specifically for low to moderate income individuals or families who are either single parent households; or people with disabilities; or families impacted by incarceration (you or a family member); or families impacted by substance use.

Is one or more of these true for you? If the answer is yes, please read on! (you do not need to disclose any personal details regarding the above)

2) Are you excited to enjoy and cook with fresh vegetables, and are you able **to commit** picking up a box of free, farm-fresh vegetables at Quabbin Harvest community market located at 11 N. Main Street, Orange every other week (Tuesday late afternoon or Wednesday) starting in mid-May and into the Fall? **If the answer is yes, read on!**

3) This opportunity includes great workshops on cooking, gardening, wellness and good food budgeting as part of receiving the delicious farmshares. We ask that you **commit to attend at least four of six workshops** offered. They will be held on a combination of evenings and weekends and spread out from May to October. Children will always be welcome. Most will be held at Quabbin Harvest or another Orange location. Specific dates and topics will be determined soon. You will also receive a booklet with recipes and activities to try on your own. And, you'll get a certificate upon completion!! To the best of your knowledge given this information, can you **agree to attend at least four fun and informative workshops if selected to participate?**

If you can answer yes to all three questions, please fill out the application on the next page and bring to Quabbin Harvest no later than March 30, but the sooner the better!

If you have any questions at all, or prefer to submit your application over the phone or by email, please email or call Deb Habib at Seeds of Solidarity:
deb@seedsofsolidarity.org or 978-544-9023.

This program is funded in part by a FY19 Community Development Block Grant through the Town of Orange, received by Seeds of Solidarity Education Center and in partnership with Quabbin Harvest Community Market.

Application for the Recipe for Wellness Program

I said **YES** to all three questions on the previous page and would like to apply for Recipe for Wellness! a farm fresh food and self-sufficiency certificate program co-created by Seeds of Solidarity and Quabbin Harvest that begins mid-May, 2020 and runs through the fall. Spots are limited: Please fill this out and return to: Quabbin Harvest, 12 N. Main St Orange, no later than March 30, but the sooner the better! We will let you know by April 6 if you are accepted for participation.

Your Name: _____

Mailing Address (must be in Orange): _____

Phone: _____ **Email:** _____

Circle the best ways to reach you: call text email

➔ **How many people in your household would benefit from the food?** _____

➔ **What interests you most about this opportunity?** (feel free to use the back)

➔ **For our planning purposes, which workshop/training topics are most appealing to you?**
Circle any of the topics below and/or add!

Recipe demos Nutrition, Self-care & Wellness Menu Budgeting Cooking with Kids
Gardening/Container Gardening Local Farm Field Trip Other? _____

➔ **The Community Development Block Grant asks** that we gather some information so they know how funds benefit our community members. Please indicate if any members of your family that will benefit from the food and programs are: (check as many as you need). Optional.

_____ Black/African American _____ American Indian/Native American/First Nation
_____ Latina-o/Latinx/Hispanic _____ Asian/Asian American
_____ Middle Eastern _____ Multi-racial or Mixed Ethnicity
_____ White
_____ Other (no category captures all, self-identify as you wish) _____

➔ **Is there anything else you'd like to tell us about yourself or your interest in this program?**

Commitment: In signing this form, I confirm that I have read and can say 'yes' to the three program eligibility questions on page one. I realize spots are limited, and if accepted I will pick up my veggies when scheduled, and participate fully in the program activities.

Signature _____ Date _____