



## City Fresh: Health in a Box for Wellington-Area Residents

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THRIVE! Southern Lorain County



June 9, 2018 -- While the Wellington Farmers' Market will be on hiatus this summer, southern Lorain County residents can rejoice in a new program that will satisfy all their fresh fruit and vegetable needs: City Fresh.

City Fresh (<https://cityfresh.org>) is a Community Supported Agriculture (CSA) program, founded in 2005, which gives people convenient access to fresh fruit and vegetables. The program was started in response to the closing of grocery stores in several Cleveland neighborhoods, leaving residents without healthy food choices.

An alarming result was the rise of type 2 diabetes among children, a completely preventable and nutrition-based disease.

City Fresh began working with local farmers and organized locations where fresh produce could be distributed; these were called "fresh stops." Today, the program has expanded to more than 15 stops in Cuyahoga and Lorain Counties. Each year City Fresh delivers hundreds of thousands of pounds of fresh, locally grown produce to consumers. The organization proudly employs a dozen local farmers who make 85 cents on the dollar, which is 70 or 80 cents more than the national average.

Wellington Is Now a Fresh Stop!

[THRIVE! Southern Lorain County \(Website | Profile\)](#) and City Fresh have now joined hands to bring a wealth of produce to southern Lorain County residents.

City Fresh is based on "shares" of produce for one or two people (a "single share") and a larger quantity of vegetables and fruit for up to five people (a "family share"). People can order shares week by week or for an entire season - from mid-June to late October. The program is completely flexible. There is no big upfront cost or long-term commitment.

Beginning Friday, June 15, through Friday, October 26, from 4 to 5:30 p.m., people can pick up their weekly shares of fresh produce at the Gazebo in front of the Wellington Town Hall in Willard Memorial Square.

Depending on the month, consumers will enjoy a delicious array of peaches, melons, tomatoes, corn, green beans, eggplant and much more. (To see what types of produce are available, go to [here](#)).

To place an order, residents should fill out the attached Order Form and pay for it at least a week in advance of pick-up.

### **SNAP Accepted**

City Fresh accepts SNAP; payment will be completed at the Gazebo.

### **THRIVE! Needs Volunteers**

THRIVE! needs volunteers every Friday at the Gazebo to help set up and distribute City Fresh food shares. Please call 440-987-9182 or email us at [info@thriveslc.org](mailto:info@thriveslc.org) to let us know which dates you are available. Or you may go [here](#) to fill out THRIVE!'s volunteer form.

City Fresh: healthy, convenient and a great way to support local farmers!

### **About THRIVE! Southern Lorain County**

THRIVE! Southern Lorain County is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and informed behavioral health - all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way of Greater Lorain County. Like us on Facebook at [www.facebook.com/thrivesoloco](http://www.facebook.com/thrivesoloco).