

# Farm to Work Pilot Program

## Frequently Asked Questions



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### **What is the Farm to Work pilot program?**

Farm to Work is a Health Matters program that gives employees the opportunity to order a box of fresh produce from a local vendor and have it delivered to work each week. The box contents, cost, and delivery details will vary depending on the vendor selected.

### **How are vendors selected?**

Health Matters staff screen potential vendors to ensure they comply with King County requirements. Vendors who meet the requirements are added to an approved vendor list. Each worksite will have one or more designated coordinators who select the vendor for the building from the approved vendor list. Coordinators also work with Health Matters staff to ensure all key program components are in place.

### **Who is the vendor for King Street Center?**

Full Circle Farm is a local farm which grows more than 125 varieties of certified organic fruits and vegetables. Located in Carnation, the farm operates on 300 acres and provides produce to 50 restaurants, 27 Farmers Markets, 14 grocery stores and hundreds of families through their delivery service.

### **How does the program work?**

The program operates on a weekly cycle. Every Thursday at noon, all King Street Center employees will be able to go online view the contents of the box for the following week. You must make any modifications to your order by Sunday at noon. Every Tuesday, Full Circle Farm will deliver the boxes of produce to King Street Center, where they will be available for pickup after 3 p.m. You are encouraged to bring a reusable bag to work to carry your produce home so that the boxes can be returned to the vendor and reused. Produce that is not claimed within 24 hours of delivery will be removed by the vendor.

### **How much does it cost to participate in Farm to Work?**

The cost ranges between \$31 to \$39 per box depending on the size of the box that you purchase.

### **Will Farm to Work be offered year round?**

Yes. Full Circle Farm provides year round service. The source of produce will vary depending on the season. During spring, summer and fall most of the produce comes directly from Full Circle Farm or other farms in the Pacific Northwest. During the winter months, Full Circle Farm buys organic produce from carefully selected farms in California and sometimes Mexico.



### **Can I choose what items I want in my box?**

Yes. You can make up to three permanent exclusions when you sign up. You can also fully customize your order each week by substituting unwanted items for those you prefer. Just sign into your account to make any changes in the “Change modification window”. Changes to your box contents can only be made between noon on Thursday and noon on Sunday the week prior to delivery.



### **How much produce comes in each box?**

The amount of produce you receive varies depending on the size of box that you choose. Each box contains between 12-14 different kinds of fruits, vegetables, and herbs. As the box size goes up so does the amount of each item in the box. For two people, a standard box would typically be used in a week's time if they cooked almost all meals at home and brought leftovers for lunch. Full Circle Farm also offers large boxes to accommodate bigger families.

If you find that there is more produce than you can eat in a week, talk to other employees about splitting a box. Full Circle Farm also offers the option of ordering every other week.

### **Is this more expensive than buying produce at the grocery store?**

Buying a box of produce through the Farm to Work Program can be less expensive than buying the same items from a grocery store. The Health Matters team did an informal comparison of the cost per pound of produce items in a box with the cost per pound of the same items in several local grocery stores. We found that the cost to purchase the same produce items was between 21% and 29% more expensive at the grocery stores for that week!

### **Which King County worksites will be included in the pilot?**

Farm to Work will be piloted at the Chinook Building and at King Street Center so that we can evaluate the program and address any potential problems. If the program is successful, we hope to make Farm to Work available to any King County worksite with enough interest to justify a delivery.

### **Why should I take advantage of Farm to Work?**

Farm to Work makes it easier to Eat Smart! By participating in Farm to Work, you have the convenience of fresh, reasonably priced produce delivered directly to your worksite. You might even try some fruits and vegetables you have never eaten before. Plus, Full Circle Farm provides access to recipes and cooking tips to help you learn how to prepare the produce you receive in your box.

### **Questions?**

Contact the Health Matters Team at 206-205-5017 or send an e-mail to [FocusOnEmployees@kingcounty.gov](mailto:FocusOnEmployees@kingcounty.gov).