

**Local Foods Connection**  
**2009 Orientation/Welcome Meeting List of Materials**

Each family participates in an Orientation meeting before the CSA begins. During this orientation, each family:

- a. Receives the cookbook "Asparagus to Zucchini" by MACSAC.
- b. Receives a map to their share pick-up location.
- c. Initials a statement saying they understand that they have the main responsibility for picking up their share every week (although LFC will help in extenuating circumstances) and that if they miss two or more share pick-ups they might be exited from the program.
- d. Is told why they need to return the empty CSA share container every week.
- e. Receives a brochure about the CSA farm of which they are becoming members.
- f. Receives our activity booklet.
- f. Receives a list of dates that LFC will be hosting group visits to farms and farmers markets.
- g. Receives a copy of our store inventory. This is a list of everything available to them for purchase with the points they earn participating in our educational activities.
- h. Receives copies of local food publications available in the community. In our area of Iowa, these include: edible Iowa River Valley Magazine, Radish Magazine and a Buy Fresh, Buy Local directory.