

## Harvest Bucks Distributing Organization Suggestions

The following suggestions can help you effectively use Harvest Bucks in your program.

Some suggestions may need to be modified depending on current local and provincial COVID-19 public health measures.

### Program Design

- Thoughtfully plan how you will include Harvest Bucks in your program to address the needs of your clients and possible program barriers they may experience.
- Distribute Harvest Bucks to clients involved in multi session programs, so Harvest Bucks may be discussed on an ongoing basis and participants may receive Harvest Bucks on multiple occasions.
- Consider tracking distribution and redemption of Harvest Bucks to ensure individuals receiving additional Bucks, after the first distribution, are using them. It is recommended that all Bucks be distributed to participants by mid-January, since they expire at the end of January.

### Food Skills and Education

- Include Harvest Bucks distribution as part of a program that includes food skills training and/or education.
- Discuss and provide suggestions for seasonal vegetable and fruit purchase and vegetable and fruit preparation tips (including recipes) tailored to your client population (e.g., microwaving apples for those with difficulty chewing).
- Provide hands-on cooking experiences that include vegetable and fruit preparation.

### Addressing Potential Barriers

- Address transportation barriers
  - Provide bus tickets, if applicable/available
  - Organize a group shopping trip to the locations
- Increase client comfort with the program and the locations
  - Discuss how to use the Bucks
  - Have clients who have used the Bucks discuss their experiences
  - Take a group tour of the locations and/or organize a group shopping trip
- Participating farmers' markets provide tours for program organizers (Western Fair, Covent Garden) and program participants (Covent Garden). Email the contacts below for potential tour times and dates.
  - The Market at Western Fair District: Dan Ross ([dross@westernfairdistrict.com](mailto:dross@westernfairdistrict.com))
  - Covent Garden Market: Sam Regier ([sregier@coventmarket.com](mailto:sregier@coventmarket.com))
- Staff who aren't familiar with the participating locations are strongly encouraged to visit the locations before distributing Harvest Bucks to better orient participants.