

## Harvest Bucks Voucher Frequently Asked Questions

1. What are Harvest Bucks vouchers?
2. How can I get Harvest Bucks vouchers?
3. What can I buy with Harvest Bucks vouchers?
4. Where can I use Harvest Bucks vouchers?
5. When do Harvest Bucks vouchers expire? Why do they expire?
6. Why are Harvest Bucks vouchers only available as a \$5 voucher?
7. Who organizes the Harvest Bucks program?

### 1. What are Harvest Bucks vouchers?

Harvest Bucks are vouchers redeemable for whole graded eggs, fresh vegetables, and fresh fruit at participating farmers' markets and small community grocery stores. Various community food programs and emergency food programs distribute Harvest Bucks vouchers.

### 2. How can I get Harvest Bucks vouchers?

#### *For Individuals*

#### 1. Buy Harvest Bucks vouchers.

You can purchase Harvest Bucks vouchers for \$5 each. Each Harvest Buck voucher is redeemable for \$5 of fresh vegetables and fruit and whole graded eggs. No change is provided from location vendors if the full value of the Harvest Buck voucher is not used. Email [harvestbucks@mlhu.on.ca](mailto:harvestbucks@mlhu.on.ca) to arrange purchase with cash.

#### 2. Join or visit a program that gives out Harvest Bucks vouchers.

Various community food programs and emergency food cupboards distribute Harvest Bucks vouchers. Contact your local community health centre, neighbourhood resource centre, or emergency food program to see if they distribute Harvest Bucks vouchers through programs you're interested in and eligible for.

## *For Organizations*

### 1. Direct Purchase

Organizations can directly purchase Harvest Bucks vouchers for \$5 each. Each Harvest Bucks voucher is redeemable for \$5 of fresh vegetables and fruit and whole graded eggs. Complete the direct purchase form on [www.healthunit.com/harvest-bucks](http://www.healthunit.com/harvest-bucks) and submit as indicated.

### 2. Sponsorship

Organizations or programs may apply for Harvest Bucks sponsorship. The application is posted online annually in January-February. Please read the application carefully to see if your program qualifies for sponsorship. The application is updated each year.

Visit [www.healthunit.com/harvest-bucks](http://www.healthunit.com/harvest-bucks) for more information.

### **3. What can I buy with Harvest Bucks vouchers?**

Harvest Bucks vouchers may be redeemed for whole graded eggs, fresh vegetables, and fresh fruit only. The vegetables and fruit may be pre-cut, but may not include other ingredients such as dressings, seeds or nuts.

*Why can I only buy eggs, vegetables, and fruits?* One of the Harvest Bucks program goals is to increase access to and consumption of fresh vegetables and fruit and eggs. Vegetables and fruit offer many great health benefits, and we know that about 7 out of 10 Middlesex-London residents report eating vegetables and fruit four or less times a day (Canadian Consumer Health Survey, 2015/2016). Also, when money is tight, fresh vegetables and fruit are often cut from or limited in the food budget. In addition, eggs are a lower cost source of protein and important vitamins and minerals.

*Why can't I buy seedlings?* Harvest Bucks vouchers may be used to purchase fresh vegetables and fruit for immediate consumption or storage. To keep the program simple and to minimize confusion for vendors and Harvest Bucks recipients about what is edible and what is not, seedlings may not be purchased with Harvest Bucks vouchers.

#### **4. Where can I use Harvest Bucks vouchers?**

You can use Harvest Bucks vouchers at participating farmers' markets and small community grocery stores in London and Middlesex County. For a list of participating businesses, visit [www.healthunit.com/harvest-bucks](http://www.healthunit.com/harvest-bucks).

*Why can't I use Harvest Bucks vouchers at main grocery store chains?* One of the goals of the Harvest Bucks program is to support farmers' markets, local producers, and small community grocers.

#### **5. When do Harvest Bucks vouchers expire? Why do they expire?**

Harvest Bucks vouchers expire at the end of each January. For the 2025 program, they expire January 31, 2025. The value of Harvest Bucks vouchers distributed, but not redeemed, helps fund the sponsored program in the following year.

#### **6. Why are Harvest Bucks only available as a \$5 voucher?**

Harvest Bucks vouchers are available as a \$5 voucher to encourage recipients to spend the full voucher value and to get full value from each Harvest Buck voucher. No change is provided from location vendors if the full value of the Harvest Bucks voucher is not used. The small denomination also helps to discourage counterfeiting.

#### **7. Who organizes the Harvest Bucks program?**

Harvest Bucks is a collaborative program involving many community partners including London's Child and Youth Network (CYN), Age Friendly London Network (AFLN), London Food Bank, Middlesex-London Health Unit, London Intercommunity Health Centre, Glen Cairn Community Resource Centre, Middlesex-London Food Policy Council, Covent Garden Market, The Market at the Western Fair, Urban Roots, and other local community organizations and businesses.