



Healthy PSU and Local Foods Plymouth are collaborating on the “Farm to Desk” (F2D) Project. F2D is an opportunity for you to conveniently order online weekly (or as frequently as you want), fresh foods and other products from over 35 local farms. This project runs all year long (right through the summer) and saves you time running errands after work. It gives you the opportunity to support local agriculture, to eat healthy foods and to help sustain the local economy.

Added benefits include: a discounted annual membership of just \$15, the benefit of picking up your products on the PSU campus and receiving a reusable insulated grocery tote!

Delivery will be on Fridays at the D & M building, 1st floor between 9:30-10:30AM

All those coming to pick-up LFP products should enter through the back door (by the elevator)

If you have not already signed up, follow these simple steps:

1. Go to <http://www.localfoodsplymouth.org/> between Sunday approximately 12:00 p.m. and Wednesday at 7:00 a.m.
2. Click on the “LFP membership” category on the left hand screen
3. Click “Annual Membership- Farm to Desk” (Discounted for PSU employees \$15 vs. \$50)
4. Add to cart
5. Go to checkout
6. Create a customer profile
7. **Type “PSU” before** your first name. *Step #7 is extremely important as it indicates where your food is to be delivered*
8. Choose your payment method
9. You should receive a confirmation email once you have gone through all these steps.
10. Once your profile is setup, you can order products! *Note: we recommend ordering products under a separate transaction from the F2D membership purchase.*

VERY IMPORTANT: Payment options are either by paypal, credit card or by personal check at the time of pick-up. Checks are preferred ~ If paying by check, come to product pickup with a blank check. Do not fill out the total as sometimes a product you order is not available at the last minute.

Please contact Local Foods Plymouth with any questions at:
localfoodsplymouth@gmail.com

Visit Healthy PSU for information on health and wellness opportunities and engagements:
<https://www.plymouth.edu/healthy-psu/>