

## Waltham Community Food Walk

Sunday, April 29<sup>th</sup>, 2018

### Gather at 11:30 am at Waltham Fields Community Farms

Welcome to the Waltham Community Food Walk, presented by faith communities in Waltham and Waltham Fields Community Farm. We are excited to raise awareness and support around the ability to make fresh, local produce available to our community. On the morning of **April 29<sup>th</sup>**, we will meet at Waltham Fields Community Farm and at **11:30 am**, we walk as a united community to Waltham Common - roughly 1.5 miles away. There we will have a small celebration of this accomplishment for ourselves and our community. 100% of the funds raised from the Waltham Community Walk for Food will go directly to the costs of operating and growing food for the WFCF Outreach Market.



The Waltham Fields Outreach Market is a once-a-week farm stand for low-income households, open from July through October on Tuesday afternoons. At the Market, customers can fill a reusable bag with fresh, Waltham-grown vegetables. These bags are free with a voucher from one of our partner organizations or for \$5, using cash or SNAP benefits. Waltham Fields partners with 14 social service organization in and around Waltham to help spread the word and distribute vouchers to anyone who may want to give the Outreach Market a try. Last year, the average value of each bag was \$36.47, giving each household an incredible 5 to 1 value! You can find the Outreach Market open on Tuesdays, from 4:00-6:30 pm at the corner of Crescent St. and Cherry St. in Waltham from mid- July to mid- October. For more information about Waltham Fields Community Farm, visit <http://www.communityfarms.org>.

#### How can I participate?

**WALK:** You can come to the event, walk, and invite others to sponsor you.

**GIVE:** you can donate either by going to the “Donate” page at the above website, or with cash or checks payable to Waltham Fields Community Farms brought to the walk day of or dropped off at Waltham Fields Community Farms.

A Guide for Giving:

\$15 - 1 cent per step based on 1,000 steps per mile.

\$30 - 2 cents per step

\$45 - 3 cents per step

**Note: the distance of 1.5 miles was chosen to facilitate children’s participation**