



# Produce Pop Ups Overview



According to the USDA, half of every meal you eat should be made up of fruits and vegetables. However, many families have a difficult time easily accessing fresh fruits and vegetables. Freestore Foodbank is working to change this. Produce Pop Ups brings a variety fresh fruits and vegetables, along with the option to add other items such as bread, to communities in need. These free of charge, 1 day “Pop Ups” provide valuable access to fresh items and can be hosted by community organizations, churches and/or schools.

Contact Erin Wyder 513-482-7095 or [ewyder@freestorefoodbank.org](mailto:ewyder@freestorefoodbank.org) for more information!



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# Produce Pop Ups

## Frequently Asked Questions

### **What is a Pop Up?**

A Pop Up is an easy way to increase access to fresh fruits and vegetables in your community. Freestore Foodbank (FSFB) will deliver fresh produce, for free, for you to distribute the same day, which means that you do not have to have a space to store food.

### **Who can host a Pop Up?**

Anyone in FSFB's 20 county service area can host a Pop Up. If you are a Partner Agency, this can supplement your current distributions or allow you to distribute in different areas. If you are not a current partner of FSFB, Pop Ups are a great way to assess the needs of your community. There are many types of organizations that can host Pop Ups, including churches, schools and other organizations. Pop Ups can be hosted Monday through Saturday all year long!

### **What types of food are available with a Pop Up?**

Typically, a Pop Up will receive between 3,000-5,000 pounds of produce. This will provide food for 100-200 families. The variety of produce depends on what is in season and what is available to the foodbank. This can include potatoes, onions, apples, oranges, melons, corn, sweet potatoes, etc. You can also order additional items off of inventory if you would like. There is a shared maintenance fee associated with inventory items.

### **Who will staff the Pop Up?**

The hosting organization is responsible for staffing the event. FSFB will deliver the produce and from there, volunteers/staff are responsible for setting up and distributing the food. The amount of volunteers varies site to site, but we recommend at least 5. Depending on the size, you could need between 10-20+ volunteers. There is some lifting required, so keep that in mind when looking for volunteers.

### **Can I host more than one?**

Yes, you can host as many as you want. Most organizations host once a month, but others host once a week or every other week. Distribution usually last between 2-3 hours, or until the food is gone.

### **Do clients need ID or proof of income?**

While we do ask that all clients are checked in, everything is self-reported, so clients do not need any form of ID or proof of income.

### **What if I can't distribute all the produce?**

While the goal is to distribute all produce on the same day, we know that is not always possible. In the event there is leftover perishable food, we will connect you with a partner agency in your area to take excess food.

### **Why should I host a Pop Up?**

Pop Ups are a great way increase access to fresh fruits and vegetables, which offer many health benefits. Some of those benefits include:

- Lower blood pressure
- Reduce risk of heart disease and stroke
- Prevent some types of cancer
- Lower risk of eye and digestive problems
- Have a positive effect on blood sugar which can help keep appetite in check

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