

# FARM TO TABLE

## Pittsburgh

### **ADD LOCAL FOOD TO YOUR WELLNESS PROGRAM!**

Farm to Table Pittsburgh offers a unique Wellness Program that helps participants eat healthy, learn where to buy real foods and how to prepare and preserve nutritious meals.

Employers and groups who sign up for Farm to Table receive the following benefits:

- Eating Seasonal Lunch & Learn
- Healthy Food Preparation Lunch & Learn -Up to 3 sessions/year
- Articles for Wellness newsletters
- Information about CSAs (Community Supported Agriculture)
- Attendance for all employees/members at the 5th annual Farm to Table Pittsburgh local food conference!
- Advertisement in the Farm to Table event program



**CONTACT ERIN HART FOR MORE INFORMATION**  
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**VISIT US ONLINE!**  
**FARMToTABLEPA.COM**