



# Pop-Up Events 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 the Freestore Helpdesk at [Help@FreestoreFoodbank.org](mailto:Help@FreestoreFoodbank.org) for more information!



Food ● Connection ● Hope



# Pop-Up Events Frequently Asked

**Do I have to have an existing partnership to host a Produce Pop Up?**

No, you do not. We will make you a Pop Up partner with the Freestore Foodbank.

**How much does it cost to host a Pop Up?**

Produce Pop Ups are free. There is no charge for produce or bakery items; however, there is no guarantee for the amount or type of items you receive. You can choose to add meat and other items from our inventory for a small fee.

**Do community members have to pay to receive fruits and vegetables?**

No, this is completely free to the public. The only requirement is that they check in first.

**Is this only a summer program?**

No, you can host Produce Pop Ups year round. In fact, during the colder months there is an increased need for fresh produce.

**How many volunteers are needed to run a Pop Up?**

You need a minimum of 5 volunteers but it is recommended you have between 10-20 volunteers, depending on the amount of families you anticipate attending.

**What types of fruits and vegetables will I receive?**

The types of fruits and vegetables vary depending on the season and what is available to Freestore Foodbank.

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

While we strongly encourage you to distribute all food on the day of the event, we understand that sometimes you can't. In the event that there is leftover perishable food, we will connect you with a partner agency in your area to take the excess food items.

**What are the benefits of eating fruits and vegetables?**

A diet rich in vegetables and fruits can:

- 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.

For more information:  
[Help@FreestoreFoodbank.org](mailto:Help@FreestoreFoodbank.org)