Shalom Farms works with communities to ensure access to healthy food and the support needed to live healthy lives.

SHALOM FARMS

5/10
SKYWAY
5/10
CHARGER

ATM
KOOL
NO
PETS ALLOWED
Fresh Food
Sold Here
Your Neighborhood Store. Healthier.
Richmond Healthy Corner Store Initiative
RICHMOND CITY HEALTH DISTRICT
SHALOM FARMS
before entering
the store
GRTC
UNLIMITED RIDE PASSES & $10 GO CARDS SOLD HERE
2 PREMIUM CIGARILLOS
PULL
Eat Fresh, Feel Good
Your Neighborhood Store. Healthier.
PULL
we're game
valottery.com
THINK A GUN GETS YOU RESPECT?
YOU'RE DEAD WRONG.
DO YOUR PART TO HELP STOP RICHMOND SHOOTINGS
RESPECTRICHMOND.COM
BluntVille
CIGARILLO
PULL
Great Deal
WARNING: Cigar smoking can cause cancers of the mouth and throat, even if you do not inhale.

Hopkins Wireless
AUTHORIZED RETAILER
boost mobile
T-Mobile
pageplus
SIMPLE Mobile
AIRVOICE
FRAWG
ACESSORIES AND MORE
TRESPASSING
O LOITERING
ATORS WILL BE
ROSECUTED
PENALTY
$100 - $500 FINE
TOW-AWAY ZONE
VAN
ACCESSIBLE
1437
WARNING
We Deliver!
Bundle and Save Today
Mobile Internet

Fresh Produce Sold Here!
Corona
Extra
Eat Fresh, Feel Good
Your Neighborhood Store. Healthier.
We Welcome
SNAP EBT
Customers
$0.89
Red Apples
$0.50
Cucumber
$ .89
Green Apples
$ .89
Pears
$ .68
Plums
$ .50
Limes
$ .75
Lemons
Oranges

SUBS & SANDWICHES
EZ Mart Club 5.49 7.49
Cold Cut 5.49 7.49
Italian 5.49 7.49
Wise Guy 5.99 7.99
SUBS & SANDWICHES
Pastrami 4.99 5.99 7.99
Turkey 3.49 4.49 6.49
Ham 3.49 4.49 6.49
Tuna 3.99 4.99 7.49
Chicken Salad 3.99 4.99 7.49
Seafood Salad 3.99 4.99 7.49
BLT 3.49 4.49 6.49
CHICKEN & MORE
4 Whole Wings 4.99
6 Wingdings 4.99
4 Chicken Tenders 4.99
6 Mozzarella Sticks 3.99
10 Corndog Nuggets 3.99
8 Butterfly Shrimps 4.49
8 Mac & Cheese Poppers 3.99

CALIFORNIA ORANGES

Clementines
Green Apples
Lemons
Red Apples
Limes
Potatoes
Yellow Onions
Tomatoes
Pears
Green Peppers
Oranges
Cucumbers
Kale
Cabbage

Eat Fresh, Feel Good
Your Neighborhood Store. Healthier.
RICHMOND HEALTHY CORNER STORE INITIATIVE
Green Apples
Pears
Clementines
Limes
Tomatoes
Lemons
Cucumbers
Greens
Lettuce
Kale
Cabbage

Yellow Onions
Sweet Potatoes
Potatoes
Eat Fresh, Feel Good
Your Neighborhood Store. Healthier.
Oranges
Pears
Red Apples
ATM
RECEIPT
CARD

Fresh Produce Sold Here!
15
Eat Fresh, Feel Good
Your Neighborhood Store. Healthier.
$ .99
Green Apples
$ .99
Red Apples
$ .99
Oranges

ENJOY.

Oranges
AGRIBERRY FARM
STRAWBERRIES
Product of Virginia, U.S.A., 16 Oz. Dry Wt.
Eat More Berries!
LOCAL
strawberries

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Victoria's Kitchen LLC
Good Food Made Easy!
BOLD. CHOICE.
Winston
we're game

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LONGHORN
NEW LOOK
we're game
SAVOR THE FLAVOR
(804) 386-2164
Victoria's Kitchen LLC
Good Food Made Easy!

RICHMOND CITY
HEALTH DISTRICT
medical
reserve
corps
Working together for a healthier Richmond
SAVOR THE FLAVOR

RICHMOND CITY
HEALTH DISTRIC

GROWN TO GO
YOUR COMMUNITY MOBILE MARKET
A COMMUNITY PROGRAM FROM THE RVA
FOOD COLLABORATIVE AND SHALOM FARMS
@GROWNTOGOVA
WELCOME TO THE
GROWN TO GO MARKET
Potato-4/$1
Lettuce-$1
Scallions-50¢
Cabbage-$1/$2
Jalapeños-4/$1
Squash-50¢
Peaches-3/$1
Onion-50¢
Tomato-4/$1
Cucumbers-50¢
Okra-6/$1
Zucchini-50¢
Eggplant-75¢
Pepper-50¢
Herbs-50¢
$1.50
Radish-50¢

GROWN TO GO
YOUR COMMUNITY MOBILE MARKET
SNAP
WELCOMED
OCAL
ESSIBLE
Grown To Go Mobile
KALE : $1
COLLARDS: $1
LETTUCE : 50¢
SALAD : $1

¡Tome nuestra
encuesta y reciba
un
cocina
espátula
tabla
GROWN TO GO
COMMUNITY MOBILE MARKET
TOMAT
POTA
PEPP
SWEE
KALE
APPL

GROWN TO GO
your community mobile market
TOMATOES: 3/$1
ONIONS: 50¢
POTATOES: 25¢
LETTUCE: $1
CABBAGE: $
CORN: 3/$1
ZUCCHINI: 50¢
SQUASH: 50¢
GARLIC: 50¢
OKRA: $1/bag
PEPPER: 50¢
JALAPEÑOS: 6/$1
HERBS: 50¢
CHERRY TOMATOES: $1/pint
LETTUCE - 50¢
BY ORDER O
RRHA
This Area Is Reserved F
Business Parking Only
BETWEEN
8:00am & 5:00pm
MONDAY – FRIDAY
All others will be towed
at the Owner's Expense!

GROWN TO GO
community mobile market
½ OFF
EBT/SNAP
SALES!
SQUASH: 50¢
ZUCCHINI: 50¢
CHERRY
TOMATOES: $1/qt
HERBS: 50¢

GROWN TO GO
YOUR COMMUNITY MOBILE MARKET
$5 FREE FRUITS AND VEGGIES
FITNESS WARRIORS
SPORTS BACKERS | KEEP IT MOVING
Redeem this coupon for $5 of fresh fruits and vegetables at the Grown to Go Mobile Market
For more information on the Mobile Market location nearest you, please see
www.shalomfarms.org/mo
ll 804-266-1914
PROPAY

Real Madric
GROWN
YOUR COMMUNITY

SHALOM
FARMS
WN TO GO
UNITY MOBILE MARKET

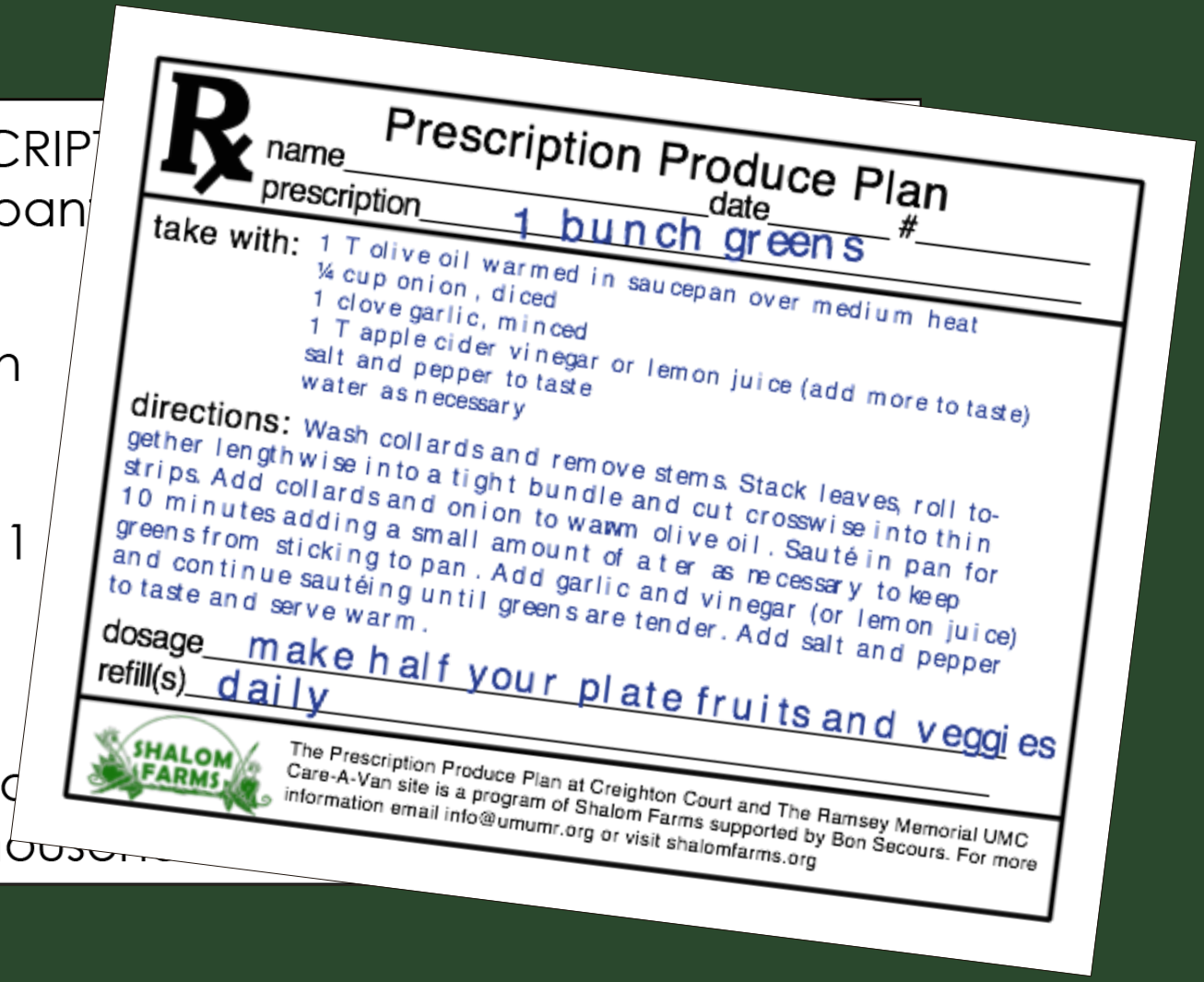
ROWN TO GO
COMMUNITY MOBILE MARKET

SNAP
50% OFF

Produce Prescription

PRESCRIPT
Participan

Cabbage: 1
Collards: 1 bunch
Peppers: 2
Squash: 1
Sweet Potatoes: 1
Zucchini: 0
Carrots: 1
Cucumbers: 1
Serve one cup c
hous



Rx **Prescription Produce Plan**

name_____
prescription 1 bunch greens date_____ #_____

take with: 1 T olive oil warmed in saucepan over medium heat
¼ cup onion, diced
1 clove garlic, minced
1 T apple cider vinegar or lemon juice (add more to taste)
salt and pepper to taste
water as necessary

directions: Wash collards and remove stems. Stack leaves, roll together lengthwise into a tight bundle and cut crosswise into thin strips. Add collards and onion to warm olive oil. Sauté in pan for 10 minutes adding a small amount of water as necessary to keep greens from sticking to pan. Add garlic and vinegar (or lemon juice) and continue sautéing until greens are tender. Add salt and pepper to taste and serve warm.

dosage make half your plate fruits and veggies
refill(s) daily

SHALOM FARMS

The Prescription Produce Plan at Creighton Court and The Ramsey Memorial UMC Care-A-Van site is a program of Shalom Farms supported by Bon Secours. For more information email info@umumr.org or visit shalomfarms.org

health brigade
formerly FAN FREE CLINIC
SHALOM
FARMS

Judge a Book by it's Cove
VDH VIRGINIA DEPARTMENT OF HEALTH
COLLEGIATE

EXIT
Eat Smart,
Move More!
WASTE
Dole
SPINACH

Extra Virgin
CUMIN
#Sh!t4H

Black Pepper
Steam Crisp
Del Monte
Mixed Vegetables
Green Beans
Sliced Carrots
WIC
$3.00
$1.00

Head Start