

# Body Fuel Organics

1307 Ottawa St.

352-3835

bin@bodyfuelorganics.ca



For office use only:

Commence: \_\_\_\_\_

Cancelled: \_\_\_\_\_

## Customer Profile

### Personal Information:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Ph: (h) \_\_\_\_\_ (w) \_\_\_\_\_ (c) \_\_\_\_\_

email: \_\_\_\_\_ #Household members: \_\_\_\_\_

### My Preferences: I would like my bin...

weekly  bi-weekly

ready for pick-up  delivered (\$5.00 fee)

My budget for produce is \$\_\_\_\_\_ (provide a \$5 range; ie: \$40-45)

strict budget - always stay within the above mentioned range.

flexible budget - my budget may be exceeded if higher priced specialty items (ie. asparagus, berries, grapes, pineapple, etc.) are included.

"we think for you" bin  customized bin [For a customized bin, please specify your produce needs and dislikes on the reverse page.]

### Guidelines: In order to ensure your experience is both healthful and enjoyable...

1. If you need to suspend (ie. Cancel) your bin service for a certain amount of time, for any reason (ie. away for holiday), please notify us before Saturday at 8pm for the upcoming week.
2. If you receive a customized bin and need to make changes to your order, please send your requirements before Tuesday at 9am for that week's order. Unless we hear otherwise, we will consider your previous or regular order to pack a bin of relative size and comparable price.
3. Please take note of the day your bin is ready for pick up and make prior arrangements if you are unable to pick up within your allotted time.
4. A \$10.00 "spoilage" fee will apply if you haven't picked up your bin following one week of storage or if you forgot to let us know that you didn't require a bin that week.
5. A one-time, \$10.00 refundable bin deposit will be applied to your first order. The deposit will be returned upon permanent cancellation and return of your bin. Please bring back the bin each week so that we can supply you with a newly stocked one. If you forget your bin, we will transfer your produce to a box (\$1.00 administration charge).
6. If you have your bin delivered, please take note of your approximate delivery time and ensure someone is home to receive it. It is our policy to return the bin to the store for pick up if no one is home and no other arrangements were made.
7. On rare occasion, weather may delay produce shipment. We will notify you of delays by email. Other scheduling changes (ie. Stat. Holidays, etc.) will also be communicated by email. Please check and keep your email current.
8. If you experience inferior quality, please notify us within 12 hours if possible. Credit or substitutions will be applied to your next bin.

I agree to the above mentioned terms: \_\_\_\_\_ Date: \_\_\_\_\_

Customized Bin Service:

"MUST NOTS" - Please mark an X next to items that you absolutely never want in your bin.

"MUSTS" - Alternately, check the items that you would like in your bin every time (or at least every time they are available). The remainder of your bin budget will be filled with a variety of "unmarked" items (ie. Likes, but not necessities).

Vegetables...

- yam
- potato (red, russet, purple, other)
- carrots (1 lb, 2 lb, bunched)
- baby carrots
- parsnip
- turnip
- beet
- zucchini
- beans (green, waxed, etc.)
- cauliflower
- broccoli
- brussel sprouts
- spaghetti squash
- acorn squash
- sweet dumpling squash
- butternut squash
- other squash (patty pan, buttercup, etc.)
- corn (cob)
- celery
- fennel
- cabbage (green, red)
- onion (red, yellow, white, sweet, green)
- cucumber (long English, field)
- peppers (red, green, etc.)
- asparagus
- eggplant
- radish
- tomato (roma, field, cherry, etc.)
- pea shoots
- snap peas
- bean sprouts
- lettuce (green leaf, romaine, spring mix)
- spinach
- leeks
- collard
- bok choy
- kohlrabi
- kale
- chard
- mushroom (white button, portabella, shitake, etc.)

Fresh Herbs...

- parsley (italian, curly)
- cilantro
- dill
- garlic
- ginger root
- rosemary
- thyme
- basil
- mint
- chives
- oregano

Fruit...

- watermelon
- cantaloupe melon
- honeydew melon
- pineapple
- rhubarb
- apples (akane, gala, mac, spartan, ambrosia, granny smith, etc.)
- oranges (valencia, navel, blood/red)
- satsuma (Christmas) oranges
- grapefruit
- lemon
- lime
- nectarines
- pomegranate
- banana
- kiwi
- plum
- apricot
- pluot (plum crossed with apricot)
- peach
- pear (Bartlett, concord, Anjou, asian, etc.)
- cherry
- grapes (green, red, coronation, etc.)
- berries (raspberry, blueberry, blackberry, etc.)
- strawberry
- mango
- persimmon
- avocado

We recognize that your produce needs may change over time, so please feel free to update your requirements at any time. We strive to make this a valuable, personalized, healthful service. Your feedback is appreciated. In the following space, please write any other initial produce likes, dislikes, needs, or comments. Thank you for your application.

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