



News and Events, February 3rd-10th, 2010

Welcome to February! This month, Sprouts is the *Featured Get Local Business Alliance Member* on the Get Local website! Visit the [Get Local website](#) and see “Featured News” for the information about Sprouts! Also, check out [A Local Table- The Choices Cookbook](#), produced by Choices Markets. This book features “recipes around each of the four seasons, showcasing the foods available to cooks in the Lower Mainland and the Okanagan.”

“At home I serve the kind of food I know the story behind.”
-Michael Pollan

Free Bread at Sprouts!!!

~Every Tuesday and Thursday~

Community Eats is now giving away free bread every Tuesday and Thursday!

Just look in the “Free Bread Box” at the end of the front counter next to the bulk bins.

Community Eats volunteers bike to Save-On-Foods and bring back delicious free donations of bread; half goes to the UBC Food Bank, and half to any who wander into Sprouts ***while supplies last!***

On the cafe menu this week..

Savoury Offerings

- Basil Pumpkin Seed Bread
- Oatmeal Biscotties
- Veggie Root Soup

Baked treats

- Special Famous Sprouts Brownies
- Oatmeal Spice Snaps
- Apple Streusel Muffins
- Peanut Butter Chocolate Pillows

We cook and bake with exclusively organic ingredients. Anything not sourced locally, is fair-trade.

The Sprouts Box

First delivery Wednesday, February 3rd!

the sprouts box



This week Sprouts Box subscribers will receive their first delivery including: *Golden Delicious and Bosc Pears, Sunchokes, White Button Mushrooms, Medium Red Onions, Leeks and a heritage variety of Garlic (Chesnok Red)!*

For those of you who have not yet signed-up, there are still spots remaining!

Acadia (2), Fairview (3), Thunderbird (5), Gage (2), Marine Drive (5)

Sign-up by **Monday, February 8th** to start receiving a Sprouts Box next week!

The cost for a small box is \$115 and the large, \$150. These prices include a \$10 box deposit fee which will be refunded at the end of the term if the box is returned regularly each week.

If you have any questions about The Sprouts Box, please email thesproutsbox@gmail.com.

Sprouts T-shirt Design Contest!!

Sprouts is getting shirts! Accepting designs until March 1st!

Exciting news~**Sprouts is getting shirts!** And we would like you to design them! There is only one requirement: the design must include our signature sprout as seen on the "o" in our logo. Email ubcsprouts@gmail.com if you would like a .jpg file of the image.

Designs will preferably be submitted in a digital format, but we will accept all submissions. The deadline for submission is March 1st, 2010.

The prize:

Your very own Sprouts t-shirt, bearing your design, and Sprouts store credit!!

sprouts

Community Eats~Heart-y for Haiti

We broke the Community Eats donation record!

On Friday, January 22, Community Eats collected donations for Médecins Sans Frontières (Doctors Without Borders) to contribute to their Haiti relief efforts. Thank you all for your amazing support - we broke all Community Eats donation records, collecting **\$679** for Haiti relief! Just like all donations for registered Canadian relief efforts in Haiti, this amount will be matched by CIDA!

Every Friday afternoon come fill your stomachs with a delicious, vegan meal. Invite your friends, and don't forget to bring your container and cutlery! Next lunch, this Friday, February 5th!

Check out the Community Eats blog for food security news and recipes: www.communityeats.blogspot.com

