Mac’s Local Buys Grocery Bag takes the very best local products, from the region’s finest farmers and producers and combines them into a biweekly food subscription. Every other week, from mid-May through October, Mac’s Local Buys will source and disperse a bounty of fresh and locally produced, seasonal vegetables, pastured meat & eggs, artisan baked breads and an assortment of treats (not necessarily sweet) from some of Saint Louis’ most reputable farms and producers, along with some amazing, newly-established ones. The Mac’s Local Buys Grocery Bag will provide you with an easy and affordable way to enjoy nutritious, locally sourced food.

THE PRODUCE Members look forward to fresh, high quality seasonal fruits and vegetables grown at Theodora Farms in Godfrey, IL. They are committed to producing sustainably grown, pesticide free produce. Expect to see 8-10 produce items per pickup.

THE MEATS At each of the pickups, you can expect to see delicious, nutrient dense, local proteins. Members can look forward to various selections of pastured pork, chicken, grass-fed and dry aged beef.

THE STAPLES Included in each week’s subscription will also be 1 dozen farm fresh, pastured eggs and freshly baked artisan bread.

BURGERS AND BEER Each subscription comes with a voucher for one Double Classic Cheeseburger and Fry from Mac’s Local Eats and one draft beer from our friends at Bluewood Brewing!

THE TREATS Each week’s bag will come with three suggested discounted local treats (not necessarily sweet) from Mac’s Market. These treats are sourced from a variety of excellent small batch purveyors and producers. This discount is exclusive for members only, on a first come, first served basis, and available only on the day of Grocery Bag pick up.

ALSO INCLUDED
A newsletter, which lists that week’s items, producer information, recipe suggestions, thoughts and techniques.

Two reusable Mac’s Local Buys bags used for pickups and yours to keep.
**THE PICK UPS** MLB Grocery Bag pickups are an excellent opportunity to meet other members and exchange recipes, cooking tips and form new friendships with like-minded individuals in our community.

Grocery Bag pickups will be Wednesday evenings from 4:30—7:30 at Mac's Retail Market.

The program will start in mid-May and run biweekly through October, 13 pickups total.
(1821 Cherokee Street, St. Louis, MO 63118)

If you are unable to pick up your share, we encourage you to communicate with us, and have a family member, neighbor or friend come in your place. Shares that are not picked up will be donated to a local charity.

**THE COST** The cost for one share, for 13 pick ups is $800 (tax included). There is also a $20 sign up fee for new members. This comes out to about $61/pick up/share.

**THE SIGN UP** To reserve your share with MLB Grocery Bag, please complete and sign the following form and return the form and your check in person or by mail to:

**Mac's Local Buys**
1821 Cherokee Street
Saint Louis, MO 63118

We will confirm your reservation and order with an email.

**MLB GROCERY BAG EXAMPLE SHARES:**

**SPRING**
- ½ lb Spinach
- 2 Heads Lettuce
- ¾ lb Kale/Chard/Bok Choy
- 1 lb Peas or Green Beans
- 1 Bunch Beets
- 1 Bunch Scallions
- 2 lbs Zucchini
- 1 lb Broccoli
- 1 lb Breakfast Sausage
- 1 lb Ground Beef
- 1 Dozen Farm-Fresh Eggs
- NY Style Bagels

**SUMMER**
- 2 lbs Potatoes
- 1 lb Eggplant
- 3-4 Sweet Peppers
- 2-3 Onions
- 1 Garlic Bulb
- 1 lb Zucchini/Summer Squash
- 1 lb Cucumbers
- 2 Ice Box Watermelons
- 4 lb Heirloom Tomatoes
- 1 Pint Cherry Tomatoes
- 1 lb Green Beans
- 1 Whole Chicken
- 1 Dozen Farm-Fresh Eggs
- 1 Loaf Focacia Bread

**FALL**
- 2 lbs Sweet Potatoes
- 2 lbs Winter Squash
- 1 lb Beets
- 1 lb Carrots
- 1 lb Broccoli or Cabbage
- ½ lb Spinach
- ½ lb Salad Mix
- ¾ lb Kale/Chard/Bok Choy
- 2-3 Sweet Peppers
- 1 lb Eggplant
- 1½ lbs Tomatoes
- 1 lb Green Beans
- 2 Pork Chops
- 1 Dozen Farm-Fresh Eggs
- Freshly-Baked Baguettes
MLB GROCERY BAG - SIGN UP FORM

Registration for 2020 season begins now.

Name ____________________________________________
Address __________________________________________
Phone ____________________________________________
Email _____________________________________________

Your Contribution. (Please Read Carefully!)

To reserve your share, we require a $300 deposit that is non-refundable and is applied toward your total cost of the MLB Grocery Bag program.

Please mail your deposit check with this completed sign-up form. Once your deposit of $300 is received we will send you a confirmation email welcoming you to the MLB Grocery Bag program. We encourage those members who can, to pay the total cost upon signing up.

It is very important to sign up and pay for your share as early as possible for two reasons: To reserve your MLB Grocery Bag share, as shares are limited and our membership is expected to fill up quickly, and to help our producers absorb the initial expenses in the beginning of the season.

Please mail signed form and checks payable to:
Mac's Local Buys
1821 Cherokee Street
St. Louis, MO 63118

Terms of Agreement (please initial, required)

_____ I agree that a share entitles me to the bounty of the harvest, which also means a share of the risk, as on occasion a crop may fail due to conditions that are beyond the control of your farmers.

_____ I agree that I will not be added to the 2020 MLB Grocery Bag member list until I have paid the full amount or have paid the $300 deposit. The MLB Grocery Bag operates on a first-come, first-served basis.

_____ I understand that the last day to pay my remaining balance is April 1, 2020, approximately one month before the MLB Grocery Bag program begins.

_____ I understand that if I am unable to pick up my share, I should tell Mac's Local Buys, and have a family member, neighbor or friend come in my place. (Shares that are not picked up will be donated to a local charity.)

Signature ________________________________________ Date __________________________