

WELLNESS WEDNESDAYS

BUCK-A-BASKET

AT BERRYLICIOUS FRUIT FARM



Pick local while supporting local this summer at Wellness Wednesdays! Amid the COVID-19 crisis we've partnered with Welkin the Woodstock child and youth mental wellness centre to raise awareness, and funds for kids mental wellbeing. We know these have been trying times for many families around Ontario and here at Berrylicious we want to show our support.

\$1

from every \$20
4 L Pick-Your-Own Berry
Basket will be donated
directly to Welkin.



WELLNESS WEDNESDAYS

AT BERRYLICIOUS FRUIT FARM

Earlier this winter Berrylicious was anticipating the 2020 season by planning new events and a new theme centred around Wellness and Self Care. But of course all of that went out the window when the whole world turned upside down this spring...

Throughout the Pandemic, Berrylicious has stayed open to serve our customers a healthy dose of frozen blueberries, raspberries and antioxidant rich elderberries that a lot of customers have made into syrups for an immunity boost. Curb-side pick up and a new online store are two ways we are pivoting to meet the needs of people who want to stay healthy and eat healthy. Thankfully the Government and Public Health have deemed Pick Your Own as a safe activity this summer. Berrylicious has responded by creating new safety protocols to keep our customers and our harvest crew safe while we harvest our berries this summer.

But despite everyone's effort to adapt, Covid 19 has created mental health and wellness struggles for almost every person we know. The struggles are real, and they are varied. From kids being quarantined in their homes, unable to see their friends and with little to do. To parents who just don't have enough hours in the day, trying to juggling the demands of work from home, homeschooling their kids and trying to keep the family sane.

In this new world there is definitely something missing. Smiles have been replaced by frowns. Friendly conversations with strangers in the grocery store have been replaced by silence as people look down and shop as quickly as possible. Staff at stores and Farmer's markets are rightfully stressed as they worry whether they are doing all the right things to mitigate healthy risk for people.

Thankfully with the Phase II reopening in our local area of Oxford County our customers now have the opportunity to eat out, attend a real time church service, go camping and finally get a hair cut!! But even with all of this positive news, there are still people struggling with their mental health and the repercussions of Covid 19. Realistically we may see the lasting impacts of Covid 19 on our mental health for years.

That is why Berrylicious has decided to go ahead with our Wellness theme for 2020. Even though our Collaborative Berry Days will be put on hold for the season, there is still lots of positivity and wellness that can be found in the simple act of getting outside, picking local berries and talking with a friend in the patch (while social distancing of course). Now more than ever we need to remember to practice self care and check in on our friends and family daily.

At Berrylicious we have decided to offer a theme this year called Wellness Wednesdays. With 4 kids of my own I know first hand how much of a struggle this adjustment has been for youth and especially young kids. That's why we've partnered up with Welkin, a local child and youth wellness centre right next door to us in Woodstock. We want to raise awareness, and funds for our local organization in order to help spread positivity and care in such stressful and dark times for many people.

Here's how it works: come out to the farm any Wednesday throughout berry season. You enjoy the freedom of the outdoors while picking fresh, nutritious berries either alone or with friends and family. You pick a 4 Litre basket of blueberries for \$ 20.00 and Berrylicious donates \$ 1.00 from each basket to Welkin who is helping our local community work through Covid 19 struggles.

We hope this will encourage people to visit the outdoors and get the needed health and wellness boost we all desire!
Remember #PickLocal

- Wendy Colcuc



WELLNESS WEDNESDAYS

BUCK-A-BASKET

AT BERRYLICIOUS FRUIT FARM



Pick local while supporting local this summer at Wellness Wednesdays! Every Wednesday this summer we are offering a pick your own 4 L basket for \$20! You get to pick the basket, and there's no need to weigh it.

\$1 from every 4 L pick your own basket will be donated directly to Welkin, a child and youth mental wellness centre focused on improving the mental well-being of children, youth and families.



\$1

from every \$20
4 L Pick-Your-Own Berry
Basket will be donated
directly to Welkin.