*Organic Nutritional Energy Cooperative, Inc.*

*215.356.1365 text /call 215.424.8072   
http://groups.yahoo.com/group/ONECoop*

**Premium Certified**

**Organic**

***Eat In Peace***

**Fruits, Veggies &**

**Staples for Home & Cooking**

***Food Stamps, Check, Credit, & Debit Accepted***

**Pre Paid $40 Minimum Required**

**$5 Delivery @ Driver’s Discretion**

**Mail √ or MO to 45 E. City Ave, #400, Bala Cynwyd, PA 19004**

***Orders must be rec’d by the preceding Friday, Orders not collected prior to Tues 7pm subject to forfeit. No refunds.***

**✁**

**Distribution Dates:**

**Name: #\_\_\_\_\_ Feeding**

**Address, Apt #, City, State, Zip:**

**Phones, Text, Email:**

**Alternate Delivery Instructions:**

**Circle all (PREFERRED) and Cross out all that are to be ~~AVOIDED~~**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Diet** | **Seeded Fruits** | **Roots** | **Leaves** | **Veggies** | **Other** |
| **Soul Food** | **Citrus** | **Potatoes** | **Lettuces** | **Okra** | **Mushrooms** |
| **Tropical** | **Berries** | **Sweet Potatoes** | **Kales** | **Broccoli** | **Herbs** |
| **Asian** | **Apples** | **Turnips** | **Cabbages** | **Cauliflower** | **WheatGrass** |
| **Mediterranean** | **Pears** | **Rutabagas** | **Kales** | **Asparagus** | **Sprouts** |
| **Local** | **Bananas** | **Onions** | **Collards** | **Peppers** | **Peanuts** |
| **Raw** | **Stone Fruits** | **Garlic** | **Spinach** | **Squashes** |  |
| **Juicing** | **Kiwi** | **Radishes** | **Leeks** | **Peas** |  |
| **Low Glycemic** | **Figs** | **Sunchokes** | **Mustards** | **Beans** |  |
| **Fruits** | **Dates** | **Ginger** | **Chards** | **Celery** |  |
| **Salads** | **Grapes** | **Carrots** | **Turnips** | **Cucumbers** |  |
| **Greens** | **Melons** | **Beets** | **Beets** | **Eggplant** |  |
| **Baking** | **Tomatoes** | **Yacon** | **Bok Choi** | **Artichokes** |  |

*Organic Nutritional Energy Cooperative, Inc. 215.356.1365 text /call 215.424.8072*[*http://groups.yahoo.com/group/ONECoop*](http://groups.yahoo.com/group/ONECoop) *Facebook Group Trim Waste U*

*400 E. City Ave, #400, Bala Cynwyd, PA 19004 mamaasantewaa@yahoo.com*

**ONE Coop TRIM WASTE U**

*Live Long & Prosper*

**Detox Grocery Box**

**$100 Deposit**

**Name:**

**Phones:**

**Circle all that (apply). Cross out all to be ~~avoided~~:**

**Cooking style:**

*Take-Out, Fast Food, Soul Food, Vegan, Vegetarian, Raw, Live, Mediterranean, West African, North African, Caribbean, Chinese, Indian, Tropical, Local, Native American, European, Seasonal, Baking*

**Trim Waste U Goals:**

**Health Concerns:** *Cancer, Diabetes, Viruses, Hypertension, Mental/Emotional Function, Cholesterol, Heart Function, Allergies, Asthma, Skin, Weight, Bones, Auto-Immune, Other\_\_\_*

***Be Specific:***

**Allergies:**

**Medications & Treatments Taking :**

**Supplements Taking:**

**Bowel Frequency & Consistency:**

**Blood type:**

**Favorite Weaknesses:**

*Salty, Crunchy, Oily, Sweet, Starchy…*

*Chips, Popcorn, Fried Chicken, French Fries, Cakes, Breads, Sodas, Butter, Eggs, Ice Cream, etc…*

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**Normal Shopping List**

**Smoothies:**

**Supplements:**

**Breakfast:**

**Dairy:**

**Beverages:**

**Snacks:**

**Lunch:**

**Beans:**

**Nuts:**

**Seeds:**

**Grains: *Corn, Rice & Wheat Produ,cts ie. Flours, Pastas, Breads, Pastries, etc..***

**Flesh:**

**Sauces:**

**Spices:**

**Condiments:**

**Oils/Vinegars:**

**Seasonings:**

**Flavors:**

**Baking:**

**Desserts:**