

THE FOOD LAB LLC

PRESS KIT



THE
FOOD
LAB

Created by:
Walter Bonham
THE FOOD LAB LLC



BUILD.GROW.FEED

Creating sustainable ways to address food insecurities.

“To put it simple, I want to teach people and communities how to build their own gardening structures, grow their own food, and properly nourish and feed their families.”

- Walter
Bonham

Table of Contents

Type chapter title (level 1)	1
Type chapter title (level 2)	2
Type chapter title (level 3)	3
Type chapter title (level 1)	4
Type chapter title (level 2)	5
Type chapter title (level 3)	6

CONTACT INFO

HOURS OF OPERATION

Sunday: CLOSED

Monday: 7am-

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Owner: Walter Bonham

Phone: 419.295.3253

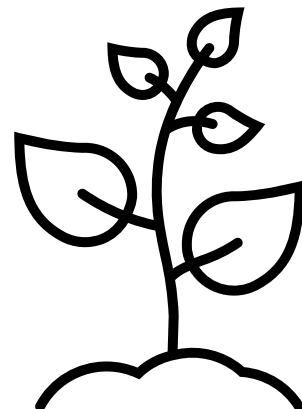
Email: walter@eatthefoodlab.com

Website: www.EatTheFoodLab.com

Facebook: <https://www.facebook.com/eatthefoodlab>

Instagram: @thefoodlabllc

LinkedIn: <https://www.linkedin.com/in/walterbonham/>



MISSION STATEMENT



The Food Lab's mission is to create and promote sustainable ways to address food insecurities.



VISION STATEMENT



Our vision is to form a local movement that proactively addresses a global concern and encourages communities to make health-conscious choices by growing their own food, eating locally, and supporting local farms to create a sustainable and economical future.



ABOUT US

As a native of Mansfield, Ohio, Walter Bonham, an Urban Farmer and a founding member of the Richland Gro-Op, saw an opportunity in his community to bridge the gap between food insecurities and agriculture awareness. After earning his Bachelor of Science in Business from Wittenberg University, Bonham continued his higher education at Ohio Dominican University where he earned his Master of Science Management. After graduation, Bonham began to explore a multitude of career paths before his interest in farming piqued. By combining his background in business and science management with his newfound love for farming, Bonham created The Food Lab LLC and dedicated his time to addressing food insecurities in his community in the most sustainable ways he could including building hoop houses, forming community gardens, and offering catering and meal prep services to residents. While Bonham's mission is local, it is a global concern that he plans on tackling by reaching and teaching other communities his three focal points: build, grow, and feed. "To put it simple, I want to teach people and communities how to build their own gardening structures, grow their own food, and properly nourish and feed their families," Bonham stated. In addition to this mission, he wants people to become more conscious about what they eat and where it comes from and encourage more people to eat locally and support local farms.



BUILD

By building the means to grow your own food, we empower individuals and communities to take the initiative to grow their own food, thus creating their own food supply and ultimately transforming their eating habits. By renovating a vacant lot into a community garden, you're not only utilizing an abandoned piece of land, but creating a sanctuary to bring communities together.

“Give a man a fish, he eats for a day. Teach a man to fish and he eats for a lifetime.” -Chinese Proverb

There are three primary options to build structures:

COMMUNITY GARDENS

We partner with community, neighborhood, and civic groups to organize, establish, and maintain community gardens to provide fresh food for underserved areas while simultaneously educating residents.



GARDEN BEDS

We design and construct a variety of gardening structures including raised gardening beds to help to bring the joy and beauty of gardening to more people.

HIGH TUNNELS/HOOP HOUSE

We plan, design, and construct affordable high tunnels to provide season-extending protection and weatherproof structures for your plants.





GROW

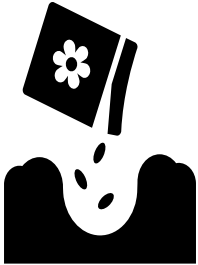
Growth is accomplished through a multitude of ways including community involvement, spreading awareness, planting crops, and more. We want to not only increase awareness, but offer education and solutions as well. The Food Lab LLC aims to assist members of the community with the development of their own gardens or starter farms, while also increasing agricultural knowledge and awareness across various regions by buying fresh ingredients, selling fresh produce to boost the local economy, and demonstrating creative and economical ways to incorporate it into meals. This goal can come to fruition and benefit every community through farmers' markets, bartering, and growing and sourcing food for catering and meal prep.

“Planting the seeds today that will make our community grow tomorrow.”



COMMUNITY URBAN GARDENING

The Food Lab seeks to establish gardens all across the city and the surrounding communities in areas that have difficulty accessing fresh food or in places that would just like to strengthen their community.



FEED

G.O.O.D Food

Our focus is on G.O.O.D food and we want to redefine what that means. GOOD food to us means:

G- Grown locally

O- Owned by local farmers

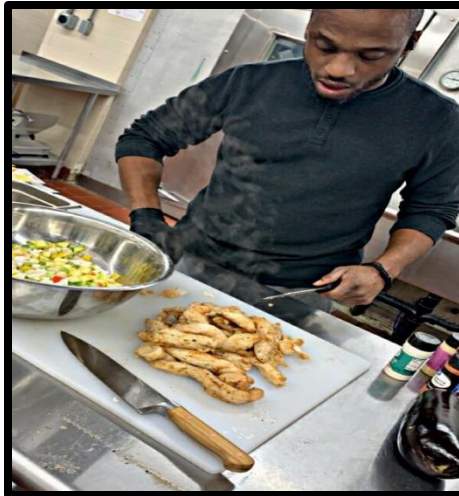
O- Operated by local farmers and organizations

D- Delicious

It's not only fresh, but local meaning that people that you know and trust put love and time into the food supply. Good food is not only tasty and healthy, but it heals. Not only do we sell through farmers' markets and our co-operative, but we have partnered with other local farmers and gardeners to offer catering services, meal prep, and meal planning so that fast food and restaurants are not the only alternatives on those long days and hungry nights when you don't have the time and energy to prepare a heart warming, delicious, and nutritious meal. These small steps and alternatives can be the building blocks to ending childhood hunger and obesity in all communities.

CATERING

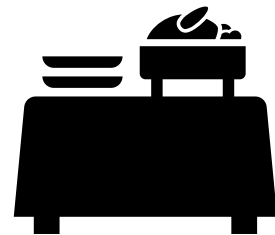
Featuring fresh produce and ingredients from local farms and prepared by professional culinary artists that craft meals for small and large events and



MEAL PLANNING & PREP

We will plan and prepare a whole week of delicious and savory meals that are tailored to your unique dietary needs and family size and





FREQUENTLY ASKED QUESTIONS

(FAQs)

CATERING/MEAL PREP

Q. How much advance notice is needed to place a catering order?

A.

Q. Do you accomodate dietary restrictions?

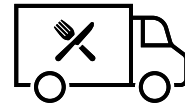
A.

Q. Is a deposit required for catering orders?

A.

Q. Do you offer delivery?

A.



Q. Is there a minimum or maximum count requirement for catering orders?

A.

Q. Do you offer meal prep services to individuals and families?

A.

Q. Can I make my own event or edit your menu options?

A.

Q. Do you offer rush orders?

A.

Q. What is your cancellation policy?

A.

Q. Do you offer kid-friendly options?

A.

URBAN FARMING & GARDENING

Q. What is sustainable agriculture?

A.

Q. What crops do you raise?

A.

Q. Where does your harvest go?

A.

Q. Are you organic certified or produce organic crops?

A.

Q. Do you employ biotechnology on your farm?

A.

SERVICES



Catering

Rate



15-20 guests

21-50 guests

50-100 guests

A la carte

Buffet Style



Meal Prep

#Meals/pp

Rate

Individual

Family of 2

Family of 4

Family of 6



SERVICES

Personal Farming/Gardening

Rate

Weeding

Harvesting

Planting

Fertilizing

Pruning

Thinning

Community Gardening/Farming

Weeding

Harvesting

Planting

Fertilizing

Pruning

Thinning

Structures

Beds

High Tunnel/Hoop House

CATERING SERVICES AGREEMENT

This catering service agreement dated this [x day] of [month, year]

BETWEEN:

_____ of _____
(the "Client")

-AND-

The Food Lab
(the "Caterer")

BACKGROUND:

- A. The Client is of the opinion that the Caterer has the necessary qualification, experience and abilities to provide services to the Client.
- B. The Caterer is agreeable to providing such services to the Client on the conditions and terms established in the Agreement.

IN CONSIDERATION OF the matters described above and of the mutual benefits and obligations set forth in this Agreement, the receipt and sufficiency of which consideration is hereby acknowledged, the Client and the Caterer agree as follows:

Services Provided

1. The Client hereby agrees to engage the Caterer to provide the Client with services (the "Services") consisting of:
 - Catering
2. The services will also include any additional tasks which the Parties may agree on. The Caterer hereby agrees to provide such services, listed below, to the client.

[enter additional services here, if none then notate no additional services will be offered.]

Term of Agreement

Term of Agreement

3. The term of this Agreement (the "Term") will begin on the date of this Agreement and will remain in full force and effect until the completion of the Services, subject to earlier termination as provided in this Agreement. The Term of this Agreement may be extended by mutual written agreement of the Parties.

4. In the event that either Party wishes to terminate this Agreement prior to completion of the Services, that Party will be required to provide at least [4] days' notice to the other party.

Cancellation

5. If the Client needs to cancel the event, Client must provide written notice to Caterer along with any required cancellation fee described in this Catering Contract, to effect cancellation.

Client understands that upon entering into this Contract, Caterer is committing time and resources to this Event and thus cancellation would result in lost income and lost business opportunities in an amount hard to precisely calculate. Therefore, the following cancellation limitations will apply. If Client requests cancellation of this Contract within [72] hours of Event, Caterer shall be entitled to 35% percent of the Estimated Total Cost.

Performance

6. The Parties agree to do everything necessary to ensure that the terms of this Agreement take effect

Currency

7. Except as otherwise provided in this Agreement, all monetary amounts referred to in this Agreement are in US Dollars.

Compensation

8. For the services rendered by the caterer as required by this Agreement, the Client will provide compensation (the "Compensation") to the Caterer as follows:

[detail compensation and payment breakdown, including deposit due date and amount, and final payment due date and amount]

9. The above Compensation includes all applicable sales tax and duties as required by law.

Reimbursement of Expenses

10. In connection with providing the Services hereunder, the Caterer will only be reimbursed for expenses that have been approved in advance.

11. The Caterer will furnish vouchers to the Client for all such expenses.

Menu and Guests Guarantees

12. The Caterer reserves the right to make small changes to the menu, where necessary, if ingredients are not available due to reasons beyond the control of the Caterer.

13. All changes to the menu must be submitted to the Caterer by the close of business, [month day, year]

14. All changes to the number of guests must be submitted to the Caterer by close of business, [month day, year].

15. The Parties have agreed to the menu attached to this Catering Agreement as Exhibit A.

Return of Property

16. Upon the expiry or termination of this Agreement, the Caterer will return to the Client any property, documentation, records, or Confidential Information which is the property of the Client.

Capacity/Independent Contractor

17. By providing the Services under this Agreement, it is expressly agreed that the Caterer is acting as an independent contractor and not as an employee. The Caterer and the Client acknowledge that this agreement does not create a partnership or joint venture between them, and is exclusively a contract for service.

Notice

18. All notices, requests, demands or other communications required or permitted by the terms of this Agreement will be given in writing and delivered to the Parties of this Agreement as follows:

a. [insert email contact for Client]

b. The Food Lab

info@entreecolumbus.com

IN WITNESS WHEREOF the Parties have duly affixed their signatures under hand and seal on this [x day] of [month, year].

[enter Client name here]

Return of Property

16. Upon the expiry or termination of this Agreement, the Caterer will return to the Client any property, documentation, records, or Confidential Information which is the property of the Client.

Capacity/Independent Contractor

17. By providing the Services under this Agreement, it is expressly agreed that the Caterer is acting as an independent contractor and not as an employee. The Caterer and the Client acknowledge that this agreement does not create a partnership or joint venture between them, and is exclusively a contract for service.

Notice

18. All notices, requests, demands or other communications required or permitted by the terms of this Agreement will be given in writing and delivered to the Parties of this Agreement as follows:

a. [insert email contact for Client]

b. The Food Lab

info@entrecolumbus.com

IN WITNESS WHEREOF the Parties have duly affixed their signatures under hand and seal on this [x day] of [month, year].

[enter Client name here]
