



**Meridian Farm Market** began 30 years ago and became well known as a place to find high quality meats and genuine friendly service. This family business now has **Meridian Meats** butcher shops in Port Coquitlam, Langley and White Rock and **Meridian Farm Markets** in Tsawwassen, North Van, Maple Ridge and Mission. The Farm Markets offer a wide variety of fresh produce along with an artisan deli, breads baked in-house, and a wide range of natural foods in a unique country-style farm market setting.

Foods are locally sourced, beef is free-range and grass fed, the turkey is from Yarrow, BC, chickens roam freely and are hormone and steroid free, fruits and vegetables are locally sourced, and the salmon, halibut and prawns are from the Salish Sea. Breads are baked fresh daily in house...

***There are weekly specials, you may create your own food bundle, and check out some fabulous recipes. Find out what your local store has for you, at:***

<https://meridianfarmmarket.ca/blog/welcome-ralphs-farm-market>



With the purchase of a **Gift Card** from an Ubuntu Ogogo member, you have an opportunity to shop at a Meridian's and Ralph's Farm Markets for Butcher Bundles, Poultry, Seafood, Produce, Bakery and Deli, Grocery and Natural Foods, and so much more.

Gift Cards come in many denominations and could be a thoughtful birthday or special occasion present for a friend or family member or used for your own shopping experience. Meridian is celebrating their 30th anniversary by donating 30% of the proceeds from the gift cards Ubuntu Ogogo members sell, back to them, so that they can continue their support of the African Grandmothers.

Please contact your Ubuntu Member or Carole at: 604-830-5677 or [carolealbertson@gmail.com](mailto:carolealbertson@gmail.com)

***\*\*\*Ubuntu Ogogo accepts payment via cheque, cash, and e-transfer. Orders will be taken from Thursday, February 10 to Friday, March 4, 2022. Gift cards will be ready for pick-up/delivery by Friday, March 18.***



The Stephen Lewis Foundation launched the Grandmothers to Grandmothers Campaign in 2006, in response to the emerging crisis faced by African grandmothers as they struggled to raise millions of children orphaned by AIDS.

<http://greatervangogos.org>

<https://grandmotherscampaign.org>

<https://stephenlewisfoundation.org>