



NAPANEE'S Good Food BOX

The Good Food Box aims to make healthy, good quality fruits and vegetables available to everyone.

- ~ Purchase your order by the First Thursday of the Month
- ~ Get your order the Third Thursday of the Month.

Large: \$ 17.00

Small: \$ 11.00

Fruit: \$6.00

Vegetable: \$6.00

Orders can be made at NACHC- 26 Dundas St. W., Napanee

For More Information Contact: Brittany Couto, 613-354-8937 ex. 7117



Caring. Responding. Building Community. ♦ Prendre soins. Intervenir. Bâtir une communauté.



Napanee Area Community
Health Centre

A part of Kingston Community Health Centres (KCHC)

www.kchc.ca



United Way
Centraide

Member Agency
Organisme Membre
Kingston, Frontenac,
Lennox and Addington

Good Food Box

| \$17. Large Basket 12 - 15 items | \$11. Small Basket 7 - 10 items | \$6. Fruit Basket 3 - 5 items (fruit only) | \$6. Veggie Basket 3 - 5 items (veggies only) | |
|---|---|---|--|------------|
| May include any of the following with exceptions as noted: | | | | |
| 10-lb potatoes | Celery | Lettuce | Turnip | Mangoes |
| 5-lb potatoes | Chives * | Mushrooms | Yams | Nectarines |
| Broccoli | Corn * | Onions | Apples | Oranges |
| Cabbage | Cucumbers | Parsley * | Avocado | Peaches |
| Carrots | Garlic | Parsnips | Bananas | Pears |
| Cauliflower | Green onions | Peas * | Cantaloupe | Plums |
| Rutabaga | Kale * | Peppers | Kiwi fruit | Prunes |
| Tomatoes | Leeks * | Radishes | Lemons | Tangerines |
| Zucchini | Spinach | Squash | | |

Pickup is at NACHC from 1:30-3:00pm

| <u>2018 GFB Dates</u> | |
|------------------------------|----------------------------|
| <u>Order By:</u> | <u>Pickup Date:</u> |
| January 4, 2018 | January 18, 2018 |
| February 1, 2018 | February 15, 2018 |
| March 1, 2018 | March 15, 2018 |
| April 5, 2018 | April 19, 2018 |
| May 3, 2018 | May 17, 2018 |
| June 7, 2018 | June 21, 2018 |
| July 5, 2018 | July 19, 2018 |
| August 2, 2018 | August 16, 2018 |
| September 6, 2018 | September 20, 2018 |
| October 4, 2018 | October 18, 2018 |
| November 1, 2018 | November 15, 2018 |
| December 6, 2018 | December 20, 2018 |

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