



GOOD FOOD BOX PROGRAM

**Are you looking to include fresh fruits
and vegetables in your meals???**

If so, then the Good Food Box Program is for you!

The Good Food Box is a program for families and individuals who want to purchase quality, fresh, and local produce, at a lower price than a grocery store!

Boxes are available in 2 SIZES:

Single Size for \$12.00

Family Size for \$20.00

Boxes are filled with a variety of fruits and vegetables such as tomatoes, cucumbers, lettuce, carrots, onions, potatoes, and apples. Seasonal fruit such as fresh strawberries are also included.

Money is to be submitted by the first Thursday of each month.

Good Food Boxes are delivered and are to be picked up at NorWest CHC on the third Thursday of each month.

***Please bring your own grocery bags to carry your food ***

**If you are interested or would like information, please
contact: Kathy at 626-8483, or Rolande at 626-8487.**

NorWest Community Health Centres

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