



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest



# Good Food Box

Looking for fresh fruits and vegetables?  
Then, try a Good Food Box

◇ Low cost ◇ Local ◇ Quality ◇ Fresh

## 2 Sizes:

Single size \$12.00 & Family size \$20.00

**What you get:** carrots, cucumbers, lettuce, onions, potatoes, tomatoes, seasonal fruit such as strawberries and apples, and much more!



## How it works:

Money due: 1st Thursday of the month by 7 pm

Good Food Boxes delivered\*: 3rd Thursday of the month to be picked up between 3-7pm

*\*Please bring your own reusable bags*

Need more info? Contact Jodi at 622-8235 x 2261



Every One Matters.

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