

# GOOD FOOD BOX 2012



Are you eating adequate amounts of fruit and vegetables to maintain good health?

The Good Food Box is a program whereby you can purchase a variety of affordable and nutritious food items within your budget.

**Large Family Box**  
**40 - 45 Lbs. produce**  
 \$30.00

**Family Box**  
**30 - 35 Lbs. produce**  
 \$25.00

**Single Box/Senior**  
**20 - 25 Lbs. produce**  
 \$20.00

## WHAT MIGHT THERE BE IN MY BOX?

Apples, Bananas, Broccoli, Carrots, Corn, Cauliflower, Cucumber, Grapes, Green Pepper, Grapefruit, Lemon, Lettuce, Lime, Onions, Oranges, Potatoes, Tomatoes.

*\*\*The selection will vary according to availability & wholesale cost\*\**

<b>Deadline for cash payment TUESDAY</b>	<b>Pick-up date FRIDAY</b>
January 03, 2012	January 13, 2012
January 31, 2012	February 10, 2012
March 13, 2012, 2012	March 23, 2012
April 24, 2012	May 4, 2012
May 29, 2012	June 8, 2012
June 26, 2012	July 6, 2012
September 11, 2012	September 21, 2012
October 16, 2012	October 26, 2012
November 20, 2012	December 30, 2012

## HOW DO I PURCHASE A GOOD FOOD BOX?

If you are interested please call Chestermere Community Services at **403-207-7060**.