

Save

GOOD FOOD BOX



Save

KINGSTON

Buy fresh fruits and vegetables
for less than in the grocery store.

- Pay \$5, \$10 or \$15 (cash payments only), at the “beginning” of the month.
- Pick up your box on the 3rd Thursday of the month.

For more information, contact us at

(613) 549-1232, ext. 1440

Turn over to see what you may get...

The Good Food Box Kingston is supported by Kingston Community Health Centres.
400 Elliott Ave, Kingston, ON K7K 6M9

This is a sample of what you may get in your
GOOD FOOD BOX.

<u>\$15. Large Basket</u> 12 - 15 items	<u>\$10. Small Basket</u> 7 - 10 items	<u>\$5. Fruit Basket</u> 3 - 5 items (fruit only)	<u>\$5. Veggie Basket</u> 3 - 5 items (veggies only)
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May include any of the following with exceptions as noted:

10-lb potatoes (Lg)	Celery	Lettuce (head)	Squash	Lemons
5-lb potatoes (Sm)	Chives	Mushrooms	Swiss chard	Mangoes
Asparagus	Corn	(white or brown)	Tomatoes	Nectarines
Anise (fennel)	Coriander	Onions	Turnip	Oranges
Baking potatoes	Cucumbers (field)	(cooking or red)	Yams	Peaches
Arugula (greens)	Cucumbers (English)	Parsley	Zucchini	Pears
Basil	Garlic	Parsnips	Apples	Pineapple
Beans	Greens (baby)	Peas	Avocado	Plums
Broccoli	Green onions	Peppers	Bananas	Pomegranates
Cabbage	Kale	Radishes	Cantaloupe	Prunes
Carrots	Leeks	Rosemary	Melons	Tangerines
Cauliflower	Spinach	Rutabaga	Kiwi fruit	Watermelon

(This list changes from month-to-month depending on quality, cost and seasonal availability of the fruits & vegetables through our wholesaler and community gardens.)

Good Food Box Order and Payment Dates
(Cash payments only.)

Pick up Dates are the 3rd Thursday of each month.

Time: 12:00 noon - 2:00 p.m.

2012 Good Food Box Schedule			
Order Date	Pick-up Date	Order Date	Pick-up Date
January 9 th & 10 th	Jan 19 th	July 9 th & 10 th	July 19 th
February 6 th & 7 th	Feb 16 th	August 7 th & 8 th	August 16 th
March 5 th & 6 th	March 15 th	September 10 th & 11 th	September 20 th
April 2 nd & 3 rd	April 19 th	October 1 st & 2 nd	October 18 th
May 7 th & 8 th	May 17 th	November 5 th & 6 th	November 15 th
June 4 th & 5 th	June 21 st	December 3 rd & 4 th	December 20 th