

The Good Food Box Program



Each Good Food Box is only \$10 and includes potatoes, carrots, onions and a variety of delicious and nutritious fruits and vegetables.

Anyone can purchase a box, if you eat, you qualify! Tell your friends and neighbours and help promote the program. The more people who buy the box, the more buying power we have, the more food you get. Group purchasing power means we can buy produce from local suppliers at lower costs.

All attempts are made to purchase local food when it is in season.

Payment: At Warmland House: 2579 Lewis Street

Deadline: 2nd Wednesday by 4 p.m. of every month

Pick-up: 3rd Monday of every month after 1 p.m. at Warmland House

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What People Say About the Good Food Box



"I have noticed that we are all eating more fruits and vegetables. My kids can't wait to eat what's in it!"

"Once I ordered one for myself, my whole family wanted to order one. Even my neighbours get one now."

"I can't believe what you get for \$10! It's an awesome deal!"

"There's such a healthy variety of food that sometimes you wouldn't go out and buy for yourselves."

"It's good food, and it's for everybody; and more people need to know about it."

Warmland House

2579 Lewis Street
Duncan, BC V9O 2Z2

Phone: (250) 715-1132

Fax: (250) 715-1135

www.cowichanvalley.cmha.bc.ca

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