

HOW CAN I HELP?

Your help is always appreciated. You can get involved by:

- Volunteering to sort and pack the produce
- Donating funds to help subsidize an individual or family in our community.

The Good Food Box is available in two sizes:

LARGE (family size) \$25

SMALL (individual size) \$12.50

Ask us how you may qualify for a sponsored Good Food Box through generous donations made by individuals in our community and by:

2020 Dates of Good Food Box:

Jan 14, 28	July 14, 28
Feb 11, 25	August 11, 25
March 10, 24	September 8, 22
April 14, 28	October 13, 27
May 12, 26	November 10, 24
June 9, 23	December 8

BLACKFALDS FCSS

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TOM OJO

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Good Food Box

For high quality, local produce at an affordable price



Blackfalds FCSS
403.600.9066



Good Food Box

WHAT COMES IN THE BOX

Every month the boxes are filled with fresh produce, some of which is locally grown. Depending on the season, some vegetables you may receive are: tomatoes, cucumbers, lettuce, peas, beans, carrots, onions, squash, spinach, potatoes and beets. Fruits may include: apples, oranges, strawberries, pears, and bananas. We try to offer a variety of fruits and vegetables based on what is in season, and best value.

CAN I SELECT WHAT IS IN MY BOX?

No. All boxes are filled with the same delicious fruits and vegetables. We do try to accommodate food sensitivities, however, you may get items that you and your family may not enjoy. If that should happen, we welcome you to share with neighbours, friends, family, or the local food bank.

Benefits:

- Receive fresh fruits and vegetables the second and fourth Tuesday of every month.
- Save money.
- Support local food growers, and family businesses such as Superstore.
- Enjoy a variety of fruits and vegetables, and try some new things, they may become your new favorites!

CAN ANYONE PARTICIPATE?

Yes! The Good Food Box program is available to anyone interested in fresh fruits and vegetables!

DO I HAVE TO COMMIT?

No, you need to contact FCSS by the Friday before Good Food Box Day to let us know if you would like one.

HOW DO I SIGN UP?

To order a Good Food Box, simply call Blackfalds FCSS at 403.600.9066 by the Friday before Good Food Box Day.

See GFB dates on reverse side.

