

## WHAT IS THE GOOD FOOD BOX?

*It is a collective bulk buying of fresh fruits and vegetables.*

### WHO CAN PARTICIPATE?

*Everyone who is interested in getting good food for good value.*

### HOW DOES IT WORK?

*Payment is collected in advance and produce is purchased in bulk. Volunteers sort and pack the boxes for distribution*

### WHAT IS THE BENEFIT?

*Save up to half off the retail value of the produce!! The greater the number of participants results in greater buying power and more value for your money!*

### WHAT DOES IT COST?

**\$15.00 per month.**

**Family subsidy is AVAILABLE**

*Markdale Good Food Box is provided by Markdale Agriculture Society, The Canadian Mental Health Association Grey Bruce, Annesley United Church and many community volunteers*

ANNESLEY UNITED  
CHURCH  
MARKDALE

82 TORONTO ST. S.  
MARKDALE

CO-ORDINATOR KATE  
RUSSELL – Markdale  
Agriculture Society



*To order drop in to  
The Coach house at  
55 Victoria Street  
or call 519-986-7491*

*To Volunteer call  
DIANNE PORTER  
519-986-7491*



Canadian Mental  
Health Association  
Grey Bruce

# THE GOOD FOOD BOX



**MARKDALE SITE**

**CALL FOR MORE  
INFORMATION**

**519-986-7491**



**DO YOU LIKE TO SAVE  
MONEY?**

**DO YOU LIKE FRESH  
FRUITS AND  
VEGETABLES?**

**If yes.....**

then we have the program for you.

A collective food buying program  
which will save you money and  
encourages healthy eating.

You pre-pay for your box (\$15.00)  
by the 3<sup>rd</sup> Monday of the month, the  
food arrives on the 4<sup>th</sup> Tuesday of the  
month. Bring some shopping bags and  
pick it up ready to go.

**WHY IS THE BOX SO CHEAP?**

The food is purchased in bulk by a  
wholesaler.

This is where the savings come in, the  
more people who are in the collective  
the better the purchasing power, and  
the more variety available.

This program is available to anyone  
interested in fresh produce for a great  
price.

## Pick Up Dates

September 2014

Tuesday, 23<sup>rd</sup>

October 2014

Tuesday, 28<sup>th</sup>

November 2014

Tuesday, 25<sup>th</sup>

December 2014

Tuesday, 23<sup>rd</sup> ?

January 2015

Tuesday, 27<sup>th</sup>

February 2015

Tuesday, 24<sup>th</sup>

March 2015

Tuesday, 24<sup>th</sup>

April 2015

Tuesday, 28<sup>th</sup>

May 2015

Tuesday, 26<sup>th</sup>

June 2015

Tuesday, 23<sup>rd</sup>

July 2015

Tuesday, 28<sup>th</sup> ?

August 2015

Tuesday, 25<sup>th</sup> ?

**\*You can pay for your  
order on 4<sup>th</sup> Tuesday  
when you pick up**

**11am -2 pm at  
Annesley United  
Church ~**

**PICK UP is always  
the FOURTH TUESDAY**

**unless ??????**

**BETWEEN**

**11:00 a.m. – 2:00 p.m.**

**Please be on time as we cannot  
store unclaimed food boxes**

**PICK UP LOCATION IS AT:**

**ANNESLEY UNITED CHURCH  
82 TORONTO ST. S. MARKDALE  
(2 BLOCKS S. OF LIGHTS)**