



## GOOD FOOD BOX PROGRAM



**What is it?** Food co-op buying power. For \$10.00 a month you receive 20 + pounds of fruits and vegetables.

**How do I do it?** You drop off your \$10.00 (**CASH ONLY**) at CNHA (9796 Willow St – the Old Chemainus Fire Hall) by the second to last day of the calendar month. Our office picks up the food after 1pm on the third Monday in the new month.

**What do I get for my \$10.00?** Each month is different. See examples:

### March 2010 Good Food Box

5 lb potatoes  
5 lb carrots  
3 lb onions  
1 cucumber  
1 head Romaine lettuce  
1 garlic bulb  
7 pears  
5 oranges  
4 apples  
22.4 pounds of food @  
\$10.00 = \$0.44 a pound

### April 2010 Good Food Box

5 lb potatoes  
2 lb carrots  
2 bunches green salad onions  
1 cucumber  
1 head Romaine lettuce  
1 garlic bulb  
2 green peppers  
1 bunch radishes  
9 oranges  
4 apples  
3 bananas  
18.6 pounds of food  
@ \$10 = \$0.53 a pound

### May 2010 Good Food Box

5 lb potatoes  
2 lb carrots  
2 bunches green salad onions  
1 cucumber  
1 head Romaine lettuce  
1 garlic bulb  
1 lb green peppers  
1 lb broccolli  
1 bunch spinach  
5 lbs apples  
2 lbs oranges  
1 lbs bananas

Also included is a new recipe every month using the ingredients in the Good Food Box (bag).

**Do I get a choice of what I get?** No. The food co-op shops for the best value of food. At \$10.00 per person, individual orders cannot be taken.

**What do I do with stuff I do not like?** Trade it to others in the program, share with friends, or donate it to the local Food Bank.

**Are you the only Good Food Box Depot?** No, we are actually a sub-depot. Warmland House in Duncan, 2579 Lewis Street, is the major depot and you can drop off your money there and pick up your order there. Or start your own depot!

**The bad news...** There is no choice of fruits and vegetables and bags must be picked up at CNHA by the Tuesday afternoon. There are no refunds of cancellations once we have your \$10 for the month.



**The good news...** The price, and no contract to sign - come any month to sign on for the next box.

We do not receive a “cut” or money to provide this service. This program exists across Canada to provide good nutrition at good prices.

**Questions? – Ask Cindy 250-246-3203, [cnhaoffice@shaw.ca](mailto:cnhaoffice@shaw.ca)**

**\$ Money deadline for September Good Food Box is Friday, August 27, 2010.**

**\$ Money deadline for October Food Box is Wednesday, September 29, 2010.**