

Example Good Food Boxes

Curious about what you will receive? Below is an example of both a small and a large good food box from previous months. Please keep in mind items change every month depending on what is in season and what is reasonably priced.

Small Example

5lb Bag of Potatoes	1 Head of Lettuce
2 lb Bag of carrots	3 Ears of Corn
2 lb Bag of onions	1 Cantaloupe
3lb Bag of Apples	1 Zucchini

Large Example

10lb Bag of Potatoes	1 Head of Lettuce
2 lb Bag of carrots	5 Ears of Corn
2 lb Bag of onions	1 Cantaloupe
3lb Bag of Apples	1 Zucchini
1 Green Pepper	1 Stalk of Celery
3 Peaches	

Good Food Box Quick Information guide

Good Food Box Order Locations:

Orders must be placed and prepaid for by the 5th of the month at the following locations during regular business hours:

Alliston

The Krasman Centre – 17 Paris St.

The Clothes Line – 55 Victoria St. West

Pick-up Location & Time:

The Krasman Centre, 17 Paris St. Alliston
12pm to 6pm

Angus

The Essa Public Library – 8505 County Road 10, Unit 1, Angus

Living Hope Fellowship— 52 Brian Ave., Angus

Pick-up Location & Time:

Pinewood Chapel Office, 18 King St., Angus
1pm to 4pm



Krasman's Good Food Box Program



The **Good Food Box Program** is operated by community organizations and volunteers who work hard to make fresh, high quality fruits and vegetables available to everyone in our community.

Why purchase a Good Food Box?

Many chronic diseases are diet-related. Eating more vegetables and fruit is one way of protecting, improving and maintaining our health and well-being.

For more information check us out on-line at http://krasmancentre.com/?page_id=68

Or give us a call 705-435-0054
extension 139

About the Good Food Box Program

- Anyone who eats can purchase a Good Food Box. There is no future commitment. Order only when you want for the months you want.
- There are two sizes : small \$10 and large \$15
- Cash payment must be received when placing an order, **no later** than the 5th day of each month. You can order anytime but the 5th is the cut off day for that specific month.
- All orders must be picked up on the 3rd Thursday of each month. If you can't make it on pick up day please call us 705-435-0054 ex. 139 to make alternate arrangements. **Orders not picked up are donated to people in need in our community.**
- Give us your email address and we send monthly pick up reminders.
- The content of the monthly box varies by what is in season and reasonably priced. We strive to include as much local produce when possible to support local farmers.
- If there is an item in your Good Food Box that you don't want please let us know and we will donate it to someone in need. As the items are all pre-paid and pre-assigned to buyers we cannot allow swapping one fruit or vegetable for another.

Changing with the Times

The Krasman Good Food Box Program will operate somewhat differently from what you may have experienced in the past.

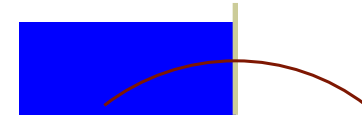
The Krasman Centre strives to be as environmentally responsible as possible. As such we have implemented a market style pick up which means you pack your own produce in your own reusable shopping bags or bins. This process also helps to reduce the amount of hands touching your fruits and veggies!

If you are pressed for time or require assistance, we do offer a prepackage service. Please call us 704-435-0054 ex 139 ahead of time and tell us your approximate pickup time. We will have your food box packed up and ready to go upon your arrival.

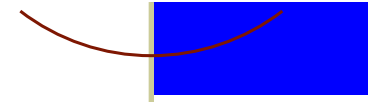


"Our lives begin to end the day we become silent about things that matter"

Martin Luther King Jr.



Community Supporters



Krasmancentre



GIFFEN'S

The Clothes Line
Where Everyone Matters!

CLASS

Community Living Association for South Simcoe