



STEP 1: DECIDE WHAT SIZE BOX YOU NEED

A small box is \$10.00 or a large box is \$15.00

STEP 2: MAKE YOUR BOX PURCHASE

Purchases can be made at these locations:

Canadian Mental Health Association (CMHA)

Pregnancy Outreach Program (POP)

Women's Contact Society

*The deadline for purchasing your Good Food Box is the 2nd Wednesday of each month at 2:00 pm before distribution day.

STEP 3: PICK UP YOUR GOOD FOOD BOX

Distribution day is the 3rd Monday of every month.

Bring your receipt to the distribution center and pick up your fresh fruits and vegetables.



Volunteers and Donations Welcome!

The Good Food Box program is a non-profit, volunteer-based program. The program relies completely on local fundraising, donations and volunteers.

During Christmas the Good Food Box has a sponsorship campaign for those people who wish to sponsor a family. You can choose who to sponsor or we can choose for you.

Please contact Carmen Kallman to volunteer, to make a donation or to share any fundraising ideas you may have.

CONTACT:

Carmen Kallman

*Good Food Box Coordinator
at the*

Women's Contact Society

301-19 North First Avenue

Box 4094, Williams Lake, BC V2G 2V2

Telephone: 250-392-4118

Fax: 250-392-4145



Easy, convenient, fresh and nutritious.



The Good Food Box is a non-profit, volunteer-based program that provides a variety of top-quality, fresh fruits and vegetables at an affordable price.

- Enjoy a basket of fresh fruit and vegetables distributed at our central location monthly.
- A way to be sure that you and your family can eat right - all month long.



250-392-4118

Women's Contact Society



Williams Lake's

Good Food Box Program

Easy, convenient, fresh and nutritious.

Families are encouraged to improve their nutrition and learn food preparation and storage skills.

Additionally, families and individuals are able to stretch their monthly budgets. The boxes contain fruits and vegetables such as broccoli, carrots, romaine lettuce, celery, onions, potatoes, cucumber, apples, bananas, oranges etc.

The program is open to everyone regardless of income.

The more boxes sold, the bigger the savings!

COST:

\$10.00 for a **small** box

\$15.00 for a **large** box

All boxes must be prepaid

Boxes can be purchased at these locations:

Canadian Mental Health Association (CMHA)

- 51 Fourth Avenue South ~ 398-8220

Pregnancy Outreach Program (POP)

- 202 Fourth Avenue North ~ 392-3583

Women's Contact Society

- 301-19 First Avenue North ~ 392-4118

Distribution Centre is located at:

The Elks Hall

98 First Avenue South

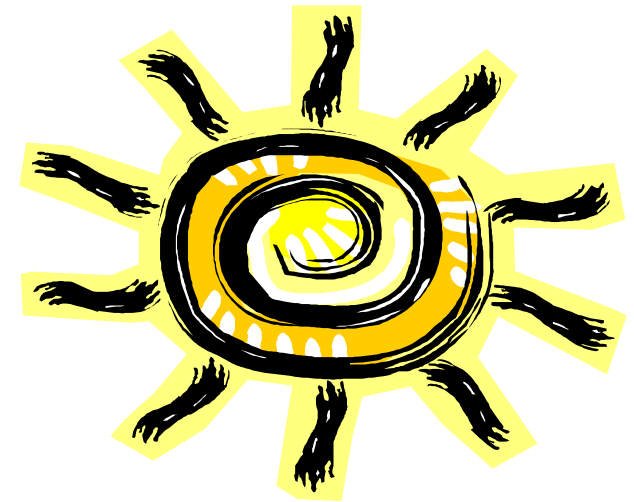
Williams Lake, BC



Pick up time is between

1 and 3 pm on the 3rd Monday of each month

*Exact pick-up dates will be given at time of purchase.



Produce is purchased in large amounts at wholesale prices to ensure you are receiving the most for your money.

Deadline to purchase your box is the 2nd Wednesday of the month before distribution day.

Volunteers Needed!



250-392-4118

 **Women's Contact Society**

*Being healthy doesn't just include eating right.
Remember to get in at least a half hour of daily exercise.
For more information call Carmen*