



Cost = \$15
Value of Box = \$18-\$24

LONDON GOOD FOOD BOX

ORDER BOX

Orders can be sent to:
gnclondongoodfoodbox@gmail.com

Or call:

519-451-7253

Payment by cash or
e-transfer to the above
email

ORDERS DUE:

September 23
October 21
November 18
December 9

PICK-UP BOX

Pick up your ordered
box in the foyer of Good
News Christian
Reformed Church - 476
Clarke Rd. between the
hours of 4:00-5:30pm

PICK-UP DATES:

September 29
October 27
November 24
December 15

PAY FOR NEXT BOX

Prepay for your next box
while picking up your
current box!

GET INVOLVED:

**Buy a food box
for your
neighbour**

Sponsored by:

MLHU

Child & Youth Network
Argyle Basic Needs Assoc.
Good News Church



What is a Good Food Box?

The London Good Food Box is a neighbourhood-based food distribution system that provides a variety of vegetables and fruit (and seasonal when possible) at an affordable price. The London Good Food Box program is committed to creating socially, and economically sustainable neighbourhood.

How do I sign up for a food box?

We welcome box orders from anyone who wants to support the program and improve their budgets. Just call or visit your nearest London Good Food Box distribution site to sign up. You can order more than one food box at a time. For a list of participating distribution sites, please visit the Middlessex-London Health Unit website: <https://www.healthunit.com/london-good-food-box>

How and when can I pay for my Good Food Box?

You can pay your London Good Food Box distribution site \$15 in cash or with Harvest Bucks by the second last Tuesday of the month.

When do I pick up my Good Food Box?

Food Box orders are picked up on the last Wednesday of the month. Pick up times vary by site.

Where do I pick up my Good Food Box?

Boxes can be picked up at your Good Food Box distribution site. Before you sign up review the distributor list to determine which location is most convenient for you.

What is in a Good Food Box?

Each month, the selection of produce in the boxes changes depending on what's in season and reasonably priced. Everyone receives the same selections of produce. Below are some examples of what you might get during each season:

- Winter - apples, cabbage, carrots, beets, garlic, leeks, onions, cucumber, potatoes, squash
- Spring - asparagus, strawberries, peppers, radishes, tomatoes, potatoes, spinach
- Summer - blueberries, cherries, peaches, plums, beans, broccoli, corn, celery
- Fall - cranberries, pears, parsnip, pumpkin, squash, zucchini, leeks, cauliflower