



## The *Good Food Box* program is **HERE!!**



(Delivered once per month, you can order a good food box - full of fresh produce!)

### Cost:

**\$20.00** for a box (the size of a green grocery bin) once per month

### What is in the Box:

Potatoes, Carrots and Onions - usually with every box  
Seasonal vegetables, local produce, etc. - varies from month to month

### Where do I order/pay and where do I go to pick it up?

Oshawa Community Health Centre  
885 Oxford Complex  
Wentworth and Cedar Apartment Complex (1040 Cedar)  
Stop 46 (Ritson Road Complexes)

\*other delivery locations are possible when/if 5 or more orders are made from one location

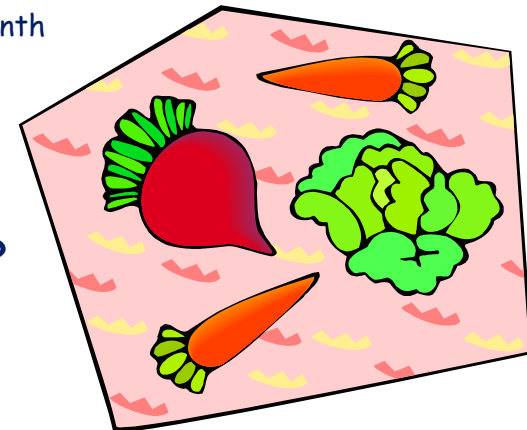
Do you want to get involved? Do you want more information on the program, payment/delivery schedules?:

**Contact Ana Pacheco-Rye at 905-723-0036 ext. 227**

Orders **MUST** be Placed and Paid for by specified due date (Mondays)

Good Food Boxes will be delivered on specified delivery date (Thursdays).

***This program operates in partnership with Agostino's and Nancy's No Frills on Bloor Street.***



115 Grassmere Ave., Oshawa, Ontario L1H 3X7  
T 905.723.0036 F 905.723.3391 E info@ochc.ca [www.ochc.ca](http://www.ochc.ca)  
Charitable Registration # 119158137 RR0001

**"your wellness,  
our mission"**