

North Simcoe Good Food Box

The more people that buy; the better value you get

Each Good Food Box could include:

Asparagus, Tomatoes, Strawberries, Lettuce, Broccoli, Potatoes, Apples and possibly Acorn Squash

Included is a newsletter with nutritional information, healthy recipes, community information, next order and pick-up information

YOU MUST PRE-ORDER BEFORE THE 7th OF EACH MONTH - CASH ONLY

Small - \$10 OR Large - \$15

Order Depots in North Simcoe

Port McNicoll

Port McNicoll Library

Victoria Harbour

Victoria Harbour Library

Elmvale

Elmvale Library

Christian Island

Beausoleil Family Health Centre

Waubushene

Waubushene Library

Penetanguishene

Clé de l'emploi Employment Services

Midland

North Simcoe Sports and Rec Centre



Facts & Information

Upon purchase of your Good Food Box you will receive a receipt card with the pick-up date, location and hours on it.

Selection of produce will vary depending the seasons. Ontario grown produce will be selected whenever possible.

Many chronic diseases are diet-related. Eating a healthier, well balanced diet is one way of protecting, improving and maintaining our health and well-being.

For more information or to volunteer please contact:

The Karma Project

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Growing Food. Growing Community. Growing Change.