

Good Food Box

HIGH QUALITY, HEALTHY FOODS

FOR A GOOD PRICE.

BUY MORE FARM FRESH LOCAL PRODUCE.



Cost: \$15 (value of produce estimated to be \$20-25)

- At the start of the month, visit the **MINISTRY CENTRE** or call us at 905-930-8655 extension 2 to place your order and pay for your box. **Orders are due by 2:00 the 2nd Wednesday of the month.**
- Then pick up your box at **UNIT ONE**, 168 Barton Street, Stoney Creek (corner of Barton and Grays Rd) on the **3rd Wednesday of the month between 3:00 - 7:00.**
- Each Box includes a newsletter with recipes, storage tips, and information about the produce.

Sample box contents (Feb 2011)

1 head lettuce	1 cucumber
1 bag carrots	3 pears
3 beets	8 apples
10 potatoes	10 clementines
1 rutabaga	10 oranges
3-4 onions	

INTERESTED?

CONTACT US FOR MORE INFORMATION.



The Creek Ministry Centre and Unit One

168 Barton Street, Stoney Creek

905-930-8655 ext. 2

Email inquiries: foodbox@thecreekcc.com

A Ministry of The Creek Community Church in co-operation with Environment Hamilton and Hamilton Good Food Box Network.