

GOOD BACKPACK PROGRAM

Aims to provide grade appropriate school supplies and a new back pack to each registered child. Contact us in June for registration dates.

COMMUNITY GARDENS

A cooperative effort to grow food that will benefit people living in our community. Plots are also available for rent.

COMMUNITY KITCHENS

Helps families stretch their food dollar by cooking in large quantities as a group.
NEW! Ask us about our Good Food Box Kitchens!!

FOOD FOR THOUGHT

A six week, after-school cooking program for children in Grades 4-6 which teaches nutrition, basic cooking skills and kitchen safety.

"CDC's Volume Discount Buying makes it possible for participants to stretch their food dollar while helping them to meet the nutritional needs of their family!"

"Established in 1989, the CDC is a non-profit charitable organization that strives to improve the quality of life of the individuals and families in our communities."

VOLUNTEER OPPORTUNITIES AVAILABLE

Go to www.viq.ca for more info

WE NEED YOUR HELP!

- Donate your Zellers HBC Reward points. Go to: www.hbc.com (CDC #8546312)
- Donate your unused coupons for babies: Formula, Food & Diapers



Community Development Council
of Quinte



"Anyone can participate in programs offered by the CDC"

249 William Street
Sears Unity Place
Belleville, ON K8N 3K4

Phone: 613-968-2466
Fax: 613-968-2251
www.cdcquinte.com

GOOD FOOD BOX
For The Whole Family!
\$15.00

- 10 lb. Potatoes
- 2 lb. Carrots
- 1 lb. Onions
- 1 Broccoli
- 1 Celery
- 1 Green Cabbage
- 1 Romaine Lettuce
- 1 Cucumber
- 1 Green Pepper
- 1 Red Pepper
- 1 Green Onion
- 2 Tomatoes
- 6 Mac Apples
- 2 lb. Bananas (6)
- 4 Seedless Oranges
- 4 Bartlett Pears

SINGLES BOX
For The Smaller Family!
\$10.00

- 5 lb. Potatoes
- 2 lb. Carrots
- 1 lb. Onions
- 1 Broccoli
- 1 Celery
- 1 Green Cabbage
- 1 Romaine Lettuce
- 1 Cucumber
- 1 Green Pepper
- 1 Green Onion
- 2 Tomatos
- 4 Mac Apples
- 1.5 lb. Bananas (4)
- 2 Seedless Oranges
- 2 Bartlett Pears

GOOD BABY BOX
Hours: Tuesday, Wednesday and
Thursday 9:30 to 4:00

The Good Baby Box helps families residing in Hastings County to stretch their food dollar, reduce costs, and meet the nutritional food needs of their infants and toddlers.

Infant - \$6.00

- 20 pack of diapers
- 1 chosen specialty item

Over 6 months - \$10.00

- 20 pack of diapers
- 6 small **or** 4 large jars of baby food
- 1 choice of cereal, cookies or juice

Toddler - \$6.50

- 20 pack of diapers
- 1 chosen specialty item

Specialty Items

- Wipes
- Shampoo
- Kleenex
- Vaseline
- Lotion
- Soap
- Other items as available



Formulas

- Good Start
- Enfamil lower iron
- Enfamil with iron
- Parent's Choice with iron
- Parent's Choice lower iron

Powder: \$16.00 per can
Concentrate: \$2.25 per can or
8 cans for \$17.00

FRUIT BAG
\$5.00

- 6 Mac Apple
- 2 Kiwi
- 2 lb. Bananas (6)
- 6 Seedless Oranges
- 1 Lemon
- 6 Bartlett Pears



Depots throughout Hastings County.
Call us for a location near you!

Payment Due: 1st Thursday of the Month
 Pick-up: 3rd Thursday of the Month.

These are sample boxes only.
 Items do change with the season.
 All sales for all programs are CASH only.