

NAPANEE AREA COMMUNITY HEALTH CENTRE

GOOD FOOD BOX

Order on

1st Thursday-- Pay \$5, \$10, \$15

3rd Thursday—Pick up order

(6 Dundas St E after 2:00 PM)

See back for detailed items



HEALTHY LUNCH BOX

Order on

1st Thursday—Pay \$15

2nd Thursday—Pick up order

(6 Dundas St E after 2:00 PM)

See back for detailed items



If you would like to have this in your area (min. order required)

call Helen @ Napanee Community Health Centre

613-354-8937 ext 117



**Napanee Area
Community Health Centre**

In partnership with Salvation Army & Good Food Box Kingston

Good Food Box

Purchase Fresh Vegetables & Fruit for less

\$15.00 Large Box

3 lbs bananas
10 lbs new potatoes
2lbs carrots
6 apples
2 tomatoes
1 green pepper
1 romaine lettuce
3 oranges
1 broccoli
1 cucumber
3 pears
1 cantaloupe
1 celery
2lbs onions

\$10 Small Box

2 lbs bananas
5 lbs new potatoes
2 lbs carrots
4 apples
1 broccoli
1 cucumber
2 oranges
1 green pepper
1 romaine lettuce
1 cantaloupe

\$5.00 Fruit Bag

2 lbs bananas
2 red delicious apples
1 honeydew melon
2 oranges
2 kiwi
2 pears

\$5.00 Veggie Bag

1 green pepper
2 tomatoes
1 cucumber
1 head lettuce
1 bundle green onions
2 lbs carrots

(List changes depending on quality, cost, and availability of fruits and vegetables)

Healthy Lunch Box

Purchase nutritious breakfast & lunch foods for less

&15.00 box

| | |
|-------------------------|-----------------------|
| 3 250 ml white milk | 1 loaf of bread |
| 3 250 ml chocolate milk | 1 pkg bagels |
| 2 tetra juice packs | 1 box crackers |
| 4 yogurt | fresh fruit |
| 1 box of cereal | 5 granola bars |
| 1 jar peanut butter | 1 box macaroni dinner |

(List changes from month to month)



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