

## HOW IT WORKS

1. **Choose a host site** that is convenient for you, from one of our many community locations
2. **Order and pay** for your box by noon on the first Friday of the month (some months second Friday)
3. **Pick up your Garden Fresh Box** on the third Wednesday of the month from your host site
4. **Enjoy!**



The Garden Fresh Box Program is a volunteer-driven program operated by the Guelph Community Health Centre and funded by The City of Guelph and The United Way.

### FOR MORE INFORMATION

Please Contact:

Garden Fresh Box Coordinator

519.821.6638 x 344

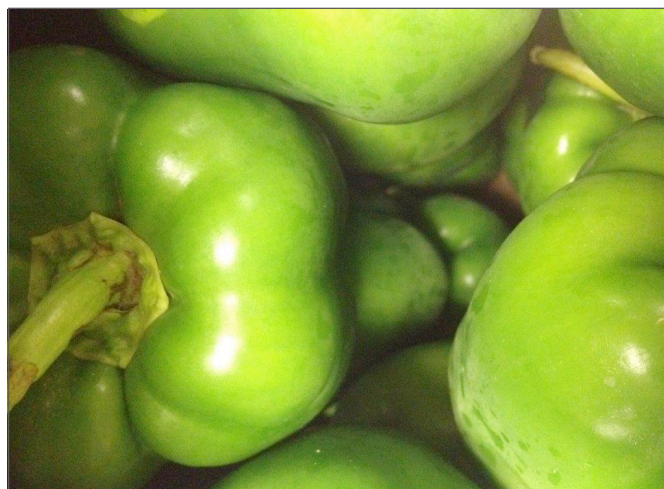
[gfbbox@guelphchc.ca](mailto:gfbbox@guelphchc.ca)

\*Gift Certificates Available\*

\*Donations Welcome!\*



Garden Fresh Box is a non-profit produce buying program that provides customers with affordable fresh fruits and vegetables and supports our local farmers.



## WHERE TO ORDER

<b>394 Auden Road</b> Auden Road Community Room	226-203-0572
<b>Evergreen Seniors' Centre</b> 683 Woolwich Street	519-823-1291
<b>Guelph CHC –Downtown</b> 176 Wyndham St N	519-821-6638x344
<b>Kortright Hills NG</b> Kortright Hill School - 23 Ptarmigan Drive	519-993-5264
<b>Onward Willow NG</b> 15 Willow Rd	519-824-6892
<b>Parkwood Gardens NG</b> West End Recreation Centre	519-824-6340
<b>Guelph CHC - Shelldale</b> 20 Shelldale Cres	519-821-6638 Option 1
<b>Hospice Wellington</b> 795 Scottsdale Drive	519-836-7132
<b>Two Rivers NG</b> Tytler School - 131 Ontario St	519-837-4248
<b>U of G - CSA Foodbank</b> 620 Gordon St <a href="mailto:foodbank@uoguelph.ca">foodbank@uoguelph.ca</a>	519-824-4120x52561
<b>Victoria Park Seniors Centre</b> Fergus - 25 Albert Street	519-787-1814
<b>West Willow Village NG</b> West Wood School - 495 Willow Road	519-826-9930
<b>Dublin Court</b> 229 Dublin Street North	519-766-7991
<b>Montessori School of Wellington</b> <a href="mailto:montessori.wellington@bellnet.ca">montessori.wellington@bellnet.ca</a>	
<b>College Heights (Sept to June)</b>	519-821-4540x332
<b>North End Harvest Market</b> Waverley Drive School - 140 Waverley Drive <a href="mailto:oldbatchat@yahoo.ca">oldbatchat@yahoo.ca</a>	519-835-1016

## 2016 DATES

### Order By Friday...

January 8

February 5

March 4

April 8

May 6

June 3

July 8

August 5

September 9

October 7

November 4

December 9

### Pick Up Wednesday...

January 20

February 17

March 16

April 20

May 18

June 15

July 20

August 17

September 21

October 19

November 16

December 21

## EVERYONE is welcome

to participate in the  
program

Typical boxes contain:

9-12 vegetables

3-4 types of fruit

\$20 Large box

\$15 Small box

### Please note:

There are smaller quantities & fewer items  
in the small box.

**Fresh Ideas Newsletter** comes with each  
box & includes recipes, food  
articles and other  
useful information.

