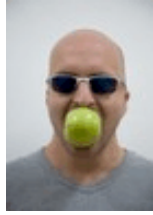


GOOD FOOD BOX PROGRAM

WHAT'S A GOOD FOOD BOX? It is a box of fresh vegetables and fruit (usually 11-13 different items), delivered directly from the Ontario Food Terminal to Grace Lutheran Church on the first Tuesday of every month, **beginning September 4th, 2007.**



WHO CAN TAKE PART? Everyone and anyone - seniors, students, singles, families. The more orders we have the greater the buying power and the better the variety.

WHO IS BEHIND THIS PROJECT? Grace Lutheran Church - as a not-for-profit outreach venture to help everyone eat more nutritiously.

WHY PARTICIPATE?

- ✓ Good quality healthy foods for less (this box would retail for over \$20)
- ✓ A good way to encourage people to eat nutritiously
- ✓ Save time and money
- ✓ Build a sense of community



HOW DOES THE PROGRAM WORK? We encourage all participants to pay one month in advance. By the last Sunday of each month (from September to June) place your \$12 (cash only please) in an envelope. On the outside of the envelope put your name, phone # and Good Food Box and put it through the mail slot at the church or call Louise (905-679-9409) to make other arrangements. We will call you so that you know we have your order. Then, on the 1st Tuesday of each month, come to:

**Grace Lutheran Church
1107 Main St. W., Hamilton
(corner of Main and Cline)
between 10:30 am and 5:00 pm
BRING YOUR OWN BAGS OR CONTAINERS**

If you need to have your box(es) delivered, please call Louise (905-679-9409) or the church office (905-527-0877).



To take part in this program, to volunteer, or to get more information please complete the attached form and return it to the church, call Louise (905-679-9409) or the church office (905-527-0877) or visit our website at www.glc.ca.

Name: _____ Phone #: _____

Address: _____

- I wish to join the Good Food Box Program. Here is my \$12 (cash) for my first month.
- I would like to volunteer to help with the program.

I would like to be a volunteer driver (to deliver boxes).