

It's All About Fresh Food



The Halton Fresh Food Box is a not-for-profit fresh produce buying service operated by and for our community.



The Halton Fresh Food Box saves you time and money as we buy directly from farmers and wholesalers.



We choose locally grown and Ontario grown products for the box whenever possible because we want to know where and how our food is produced, to support local growers, and to reduce the fossil fuels burned when we import food.



Volunteer truck drivers deliver the boxes to the neighbourhood drop-offs, where the local volunteer site coordinators ensure customers receive their boxes.

To learn more about the program go to

www.choices4health.org

and click on Projects.

Here is an example of a box!

Lettuce, onions, bananas, potatoes, spinach, carrots, oranges, apples, broccoli, pears, cucumber, tomatoes, celery, squash, corn.

The difference between a small box and a regular box is in quantity not variety. The small box is best for singles and seniors. The regular box is best for four or more people. The box contents are seasonally selected

Everyone is welcome to participate! The more orders we have, the greater the buying power, and the better the variety.

Community Partners

- St. Christopher's Anglican Church
- Halton Multicultural Council
- Halton Region Health Department
- Faith Christian Reformed Church
- Georgetown Christian Fellowship Church

Funded primarily by:



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**Quality Fruits and Vegetables
at a Great Price**

Milton Drop Sites



\$8.00 or \$13 or \$17 box

“Get Fresh!” Every month buy a box full of quality fruits and vegetables at a great price!

Bulk buying allows us to get great prices to help you save money.

The fruit and vegetables are picked fresh from the farm in the growing season. Eat local! Support our growers.

It's a fun and economical way to help you and your family to eat well.

Why participate?



It is an easy way to get high quality, healthy fruits and vegetables for a great price. Save money! Eat well!



Pick up some easy, fast and healthy recipe ideas in the monthly newsletter that is in every box.



Join your neighbours in this community-based fruit and vegetable bulk-buying club.



Buy more farm fresh local produce.



Unpacking the box is fun - like a trip to the market or a garden in your own kitchen.



How do I order?

- Choose your box size - \$8 or \$13 or \$17.
- Choose the drop site that works best for you.
- Get drop site contact information by calling 905-634-8645 or email foodbox@stchristophersburlington.com.
- Contact the drop site.
- Order and pre-pay for your box at least 11 days before the box is delivered.
- Come pick up your box at your drop site on the specified day and time. Reorder your box for next month.
- Enjoy great fruit and vegetables!

Where can I order and pay for a box?



Choose the drop site most convenient for you for pick up.

Drop sites with pick up on the **first** Tuesday of the month:

Grace Anglican Church

317 Main Street

Pick up between 4:30 and 6:30 pm

Drop sites with pick up on the **third** Tuesday of the month:

Salvation Army Family Services

100 Nipissing Road, Unit 3

Pick up between 2 and 4 pm

Our Kids Milton Hub

Our Lady of Victory School

540 Commercial St.

Pick up between 4 and 6 pm

How much does it cost?

The cost of each Box is:

\$8.00 - singles bag

\$17.00 - regular box

\$13.00 - smaller box

Payable in cash when you order your box.

If you are in need of some support to assist you in purchasing a box please contact:

The Program Coordinator

905-634-8645

Want to know more?

The Halton Fresh Food Box is a not-for-profit organization established to help you access more healthy fresh fruit and vegetables at a great price!

Contact us at 905-634-8645 or email us at

foodbox@stchristophersburlington.com

Check out our blog at

www.haltonfreshfoodbox.com

Or our website information at

www.choices4health.org

Recruiting more drop sites for the Milton Community?

If you know of a location in the Milton area that would make a good place for you to order and pick up a food box please let us know. The program has great potential to expand in the Milton area. Share your ideas with us at 905-634-8645 or email us at foodbox@stchristophersburlington.com