

North Dundas Green Food Box

**Fresh fruit and
vegetables at good value**



613-774-2105 x 236

Fresh fruit and vegetables for a great price!

The Green Food Box is a non-profit program that brings neighbours together to buy quality fresh fruit and vegetables at wholesale prices.

How much does it cost?

A \$10 box is usually enough to feed one person. You save money because we buy our produce in bulk from trustworthy suppliers. When it's possible, we try to purchase all of our fruit and vegetables locally.

What do you get in a box?

While the fruits and vegetables vary every month, the boxes often contain favourites such as lettuce, potatoes, carrots, and apples, as well as seasonal treats such as oranges, kiwis, cucumbers and squash. Each box also contains a newsletter with nutritional information, recipes, and cooking tips.

How does it work?

Consumers order and pay for their boxes by the first week of each month, and pick-up their boxes from their local site on the last Friday of every month.

Who can participate?

Anyone! There are pick-up sites located in North Dundas. The Green Food Box is always looking for volunteers to start new sites in their own neighbourhoods.

Interested?

Want more information?

If you'd like more information, or if you're interested in organizing a Green Food Box site in your neighbourhood, please contact:

Township of North Dundas
613-774-2105 x 236

Contributing Partners

*Andy's Foodland ~ Eastern Ontario Health Unit ~ House of Lazarus
Mike Dean's Super Food Store ~ Township of North Dundas*