



Good Food Boxes coming to Land O'Lakes Community Services

Provided by The Salvation Army Napanee

Pay \$6, \$11 or \$17 at the beginning of the month and then pick up your basket on the third Thursday of the month.

**For more information contact LOLCS at
613-336-8934**

Sample boxes	
Please note that these are just samples. Contents will vary month to month based on what is in season/available	
\$11 Small Fruit & Veggie Basket 7-10 Items	Included in this box are the following: 3 Potatoes 1 Green Onion bunch 1 Cucumber 1- 2lbs bag Carrots 3 Macintosh Apples 3 Oranges 3 Kiwi 1 Pepper 4 Bananas
\$17 Large Fruit & Veggie Basket 12-15 Items	1- 5lbs bag Potatoes 1- 2lbs Carrots 1 Onion 1 Cucumber 1 Green Onion bunch 4 Macintosh Apples 1 package of strawberries 3 Kiwi 4 Oranges 6 Bananas
\$6 Small Fruit sample: 3 Kiwi 3 Macintosh Apples 3 Oranges 1 Strawberry 4 Bananas	
\$6 Small Veggie sample: 2lb Carrots 1 Green Onion 2 Peppers 1 Onion 1 Cucumber	

Order and Payment Date
From 8:30 a.m. to 4:30 p.m.

Pick-up Date from
2:00 p.m. to 4:00 p.m.

May 14	May 21
June 11	June 18
July 9	July 16



Land O'Lakes Community Services