

Tara & Area Good Food Box Program

Under the best conditions, grocery shopping is a time-consuming challenge, and doing it with kids in tow can be an overwhelming task! Maneuvering the cart through the crowded store...fighting for a parking spot...buying too many impulse items. Sound familiar? Well, here's a smart way to grocery shop that lets you maintain your sanity while giving you back some precious time. Plus, it helps keep the lunch boxes healthy and appetizing!

Consider the Tara Food Box Program, even to fill the gap between regular grocery shopping! It's already boxed with fruits & veggies, value-priced, wheelchair accessible, & with a quick check-out.

... First box of the season is Thurs Sept 26....

Read on for more details

or e-mail taragoodfoodbox@gmail.com

Contacts

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What is the Good Food Box Program? It is a monthly, collective bulk purchasing of fruits & vegetables, sponsored by the Bruce Grey Owen Sound Health Unit, and run locally by volunteers. Following registration, a supplier goes to the Food Terminal in Toronto, & purchases in season, bulk fruits & vegetables. He then delivers the produce to the Tara Legion on the 4th Thurs of each month, (Dec date to be determined) where volunteers divide the produce into individual boxes for pickup later that day. *The program does not run in July or August.*

Who can participate? Anyone, regardless of age, income, municipality or family size.

What does it cost? \$15/box (or \$12/box if your household income is less than \$30,000. & you live in Bruce County - form must be signed). **Where do I signup & pay?** Prepayments may be made at Bluewater Feeds or Country Cousins Restaurant (avoid lunch time) in Tara, or at the Tara Legion on pickup days. Envelopes are provided. Payment is cash or cheque (dated the 15th) payable to Tara Good Food Box Program. Payments must be made by the 15th of each month.

Do I have to commit to every month? No, the program only operates Sept-June, and you order monthly when you wish. There is no limit to the number of boxes you may order each month. Monthly ordering is a great habit though.

Describe my box. The produce is packed in plastic bags in plastic grocery carry-out bins provided by the health unit, The plastic bins remain at the legion for the next month. You may wish to transport your produce in a laundry basket or similar box. **The greater the number of boxes ordered, the more plentiful the individual box is; therefore, the box contents vary from month to month.** There are often extra individual products available that you may also take or trade.

When do I pick up my box? Boxes are ready for pickup from 11:am - 5 pm at the Tara Legion. Boxes not picked up by 5 pm, will be available through the legion staff until closing time only. Later pickup times may be arranged ahead of time. The legion is wheelchair accessible.

Is delivery available? Delivery in the Tara area may be arranged ahead of time for \$2.

Can I help? Certainly! The Good Food Box Program is non-profit and is operated by volunteers. Sorters are needed at the legion from 8:30-11:30 am on pickup days. Join us one time, or throughout the year. No experience needed. All ages welcome.

Mark your calendars now for the 15th of each month, and Sept 26 for the first pickup!

Tara & Area Good Food Box

Pick up a box of fresh produce each month!



- ◆ \$15/box or \$12/box if household income below \$30 000
- ◆ Order deadline is the 15th of each month (no exceptions)
- drop off cash or cheque payable to Tara Food Box,
at Bluewater Feeds or Country Cousins in Tara
- ◆ Pickup at Tara Legion 11am—5 pm on 4th Thurs of each month
(Dec date will change) - after hours pickup available
- ◆ Volunteers welcome to pack boxes on pick-up days

SAVE TIME



SAVE MONEY

KEEP STOCKED WITH FRESH, HEALTHY FOODS

Further More info—Lloyd Hammell-934-2166, Jerry Barclay-934-3538,

John Stewart-376- 9616, Bob Ruff-934-2273.

or E-Mail - taragoodfoodbox@gmail.com