



Calgary Immigrant Women's Association (CIWA) and Community Kitchen Program of Calgary presents the Good Food Box. The Good Food Box offers families the opportunity to purchase fresh fruits and vegetables at a lower cost.

### How to order:

- Orders must be made in person at CIWA's Main Office
- 138 - 4th Avenue SE, 3rd Floor Reception
- Monday - Friday from 9:00am to 4:00pm

### How to pay:

- Large Box \$30 | Medium Box \$25 | Small Box \$20
- **Payment must be cash**
- Payment will be accepted on or before the order dates indicated below.

### How to pick-up your box

- Please call to confirm orders have arrived by contacting Christine Xiao (403) 263-4414 ext 164
- Boxes can be picked-up after 11:00am
- Please come to the 3rd floor for pick-up
- Large boxes weight 30-40 pounds
- Please make arrangements to take your box home safely

# Good Food Box

### Order deadline (Mondays)

- Friday, Dec 23, 2011
- Jan 30, 2012
- Mar 12, 2012
- Apr 23, 2012
- May 28, 2012
- Jun 25, 2012
- Sept 10, 2012
- Oct 15, 2012
- Nov 19, 2012

### Pick-up Dates (Thursdays)

- Jan 12, 2012
- Feb 9, 2012
- Mar 22, 2012
- May 3, 2012
- Jun 7, 2012
- Jul 5, 2012
- Sep 20, 2012
- Oct 25, 2012
- Nov 29, 2012