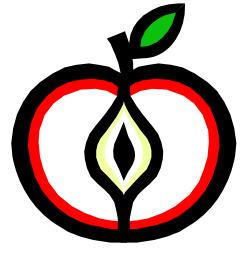


# THE FRUIT AND VEGGIE DEAL

What a deal!



FOR \$ 12 OR \$ 17 YOU GET A BOX OF FRESH FRUITS AND VEGETABLES TO LAST A WHILE

PROVIDING A HEALTHY ALTERNATIVE AT GREAT PRICES  
FRESH PRODUCE RIGHT FROM THE WHOLESALER

DELIVERED ONCE A MONTH

### How does it work?

You pay for the box during the first week of the month. The food comes in on the third Thursday of the month, when money might be tight. The food gets packed. Then you, the customer, get it.

#### A \$ 17 box might include:

2 lb. carrots	cauliflower
6 potatoes	6 onions
sugar peas	3 peppers
2 bok choy	2 avocado
6 oranges	6 apples
6 bananas	4 pears
6 grapefruit	1 turnip
½ lb. mushrooms	

#### A \$12 box might include:

6 carrots	½ cauliflower
4 potatoes	3 onions
3 oranges	1 bok choy
3 apples	3 bananas
2 peppers	sugar peas
3 grapefruit	1 avocado
2 pears	1 turnip
¼ lb. mushrooms	

**VALUE DRIVEN: RUN SOLELY BY VOLUNTEERS TO SAVE YOU MONEY**

### Anyone can buy our box

We target those who consider themselves to be low income as well as those who find it difficult accessing fresh food (e.g. Those who have difficulty making ends meet, students and seniors). You don't need to be low income; just need to appreciate a good deal.

#### To order:

Call 778 – 371 – 4664,  
Monday to Friday 9am – 4 pm  
Email: [fruit.and.veggie.deal@gmail.com](mailto:fruit.and.veggie.deal@gmail.com)

**HELP GET YOUR  
7 – 10 SERVINGS  
OF FRUITS AND VEGETABLES  
WITH THE  
FRUIT AND VEGGIE DEAL**