

WHAT IS THE GARDEN FRESH BOX?

This is Ingersoll, Woodstock and Tillsonburg's **fresh** way of buying fresh vegetables and fruits (produce). We use **bulk buying power** which means we get lower prices and can then pass on the savings to you! We support **local farmers** by buying direct as much as possible. The more we buy as a group...the farther our money goes!



THIS PROJECT HAS BEEN MADE POSSIBLE BY THE SHARED EFFORTS OF:

- Town of Ingersoll
- Ingersoll Strategic Plan Revitalization group: Health and Environment Subcommittee
- Woodstock & District Developmental Services (WDDS)
- Oxford County Community Health Centre
- Tillsonburg Salvation Army
- Dereham Forge Housing Co-op



Oxford Garden Fresh Box

new

OGFB FACTS

- Available once a month
- **Order deadline is the last day of every month**
- **Pick up is always the second Tuesday of the month**
- Recipes are included with your box for more ways to enjoy your fruits and vegetables
- Small Box Voucher = \$15.00
- Large Box Voucher = \$20.00
- Bring your own bag or box with you!

INGERSOLL
COMMUNITY
FOUNDATION



HOW TO PARTICIPATE #1

1. BUY A VOUCHER

A voucher can be purchased by the last day of the month at one of the following locations:

INGERSOLL

- Fusion Youth Centre
- Pharmasave
- Victoria Park Community Centre
- Ingersoll Services for Seniors
- www.Naturalz.ca

WOODSTOCK

- Oxford County Community Health Centre (CASH only)
- Woodstock & District Developmental Services
- www.Naturalz.ca

TILLSONBURG (must submit by 14th)

- Salvation Army Family Services Office
- www.Naturalz.ca

HOW TO PARTICIPATE #2

2. PICK UP YOUR BOX IN THE TOWN YOU PURCHASED IT IN.

On the second Tuesday of the month bring your voucher and your own bag or box to the location on your voucher:

- Ingersoll Pharmasave
19 King St. East, Ingersoll
5:00-8:00pm
- WDDS
212 Bysham Park Drive, Woodstock
3:00-6:00pm
- Dereham Forge Housing Co-Operative
41-390 Quartertown Line, Tillsonburg
Tues 6:00-7:00pm, Wed 10:00-11:00am.

Canada's Food Guide recommends **7-10 servings** of fruits and vegetables per day for teens and adults.

The Garden Fresh Box program is intended to promote **healthy eating** and **exploring new options** with fruits and vegetables.



CALL FOR MORE INFORMATION

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Walter J. Blackburn
Foundation

