

Established in 1989, the CDC is a non-profit charitable organization that strives to improve the quality of life and health of everyone in our community through research, alliances, programs, and services.

How can you help?

Volunteer your time!

Purchase Gift Certificates for friends, family or neighbours.





How Do I Order?

To place an order call
613-398-1881 and say you are
calling regarding the
Good Food Box.
Cash payments are due by
12.00 PM on the 2nd Tuesday of
the month. Payments can be
dropped off at
Community Partners for Success
(100 N Trent St, Frankford)
Tuesday, Wednesday & Thursdays
from 9am-1:30pm.

Orders are ready for pick-up on the 3rd Wednesday of the month from 3:00-7:00pm at Community Christian Reformed Church (149 King Drive, Frankford).

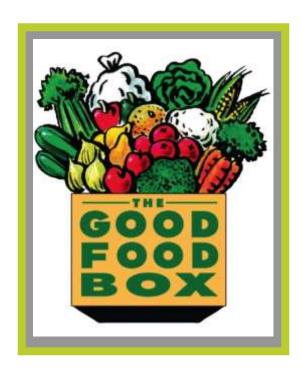
Any plastic shopping bags would be appreciated.

To order contact:

Good Food Box Volunteers 613-398-1881

Email: helenabootsmacpfs@gmail.com





Good Food For Your Family







Frankford
Food
Pantry

Good Food Box Large

\$15.00

5 lb Potatoes

2 lb Carrots

2 lb Onions

1 Celery

1 Broccoli

■ 1 Romaine Lettuce

1 Green Onion

1 Cucumber

1 Green Pepper

4 Tomatoes

5 Mac Apples

2 lb Bananas (5)

4 Oranges

5 Bartlett Pears

Fruit Bag \$5.00

- 5 Mac Apples
- 2 lb Bananas (5)
- 5 Oranges
- 1 Lemon
- 5 Bartlett Pears

Content of each Food Box/Bag depends on which vegetables and fruits are in season or available at the best value.

Good Food Box Small

\$10.00

- 2.5 lb Potatoes
- 2 lb Carrots
- 2 lb Onions
- 1 Broccoli
- 1 Cucumber
- 2 Tomato
- 1 Green Pepper
- 3 Mac Apples
- 1 lb Bananas (4)
- 2 Oranges
- 2 Bartlett Pears



CDC's Volume Discount buying makes it possible for participants to stretch their food dollars while helping them meet the nutritional needs of their family.

To order-- see the back of this brochure for further instructions.

Good Baby Box

The Good Baby Box program helps families caring for young children who reside in Hastings County to reduce costs.

Infant - \$6.00

(Newborn – 6 months)

- 20 pack of diapers
- 1 chosen specialty item

Over 6 months - \$10.00

(6 months - 1 year)

- 20 pack of diapers
- 6 small or 4 large jars baby food
- 1 choice cereal, cookies or apple juice

Toddler - \$6.50

(Under 2 years)

- 20 pack of diapers
- 1 chosen specialty item

Formula

Powder: \$16.00 per can
Concentrate: \$2.25 per can
8 cans @ \$17.00

(Formula Brands include: Good Start, Enfamil low Iron and Enfamil with Iron.)

Specialty Items: Wipes, Shampoo, Kleenex, Vaseline, Baby Lotion, Soap, along with possible donated items.

Order forms available at Community Partners for Success.