

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 2<sup>nd</sup> 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 3<sup>rd</sup> 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](mailto: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.