

Steps to participate each month

- Available once a month
- Order deadline is the 15th of every month
- Pick up is always the last Tuesday of the month.

Buy a voucher: now offering two sizes:

- \$12.00 Small Box
- \$17.00 Large Box

On the last Tuesday of the month, bring your voucher to pick up your box:

- WDDS @ 212 Bysham Park Drive, Woodstock 4:00p.m.-6:00p.m.
- Ingersoll Pharmasave @ 19 King St. East, Ingersoll 5:00p.m.-8:00p.m.

Use the included recipes to
ENJOY your produce!

This project has been made possible by the shared efforts of:

- Town of Ingersoll
- Ingersoll Community Foundation
- Ingersoll Strategic Plan Revitalization group: Health and Environment Subcommittee
- Woodstock & District Developmental Services (WDDS)
- Woodstock and Area Community Health Centre (CASH ONLY)

Information about:



Oxford Garden Fresh Box





What is the Garden Fresh Box ?

A New way of buying fresh vegetables and fruits (produce)

- Bulk buying power, which means we buy in bulk as a group and share the produce and savings
- Supporting local farmers by buying direct as much as possible
- The more we buy as a group...the farther our money goes!

Buying Local

Helps the Environment by reducing harmful emissions associated with the transportation of produce from faraway places

For more information:

- Call Beth & Wanda @ 519-539-7447
- Linda @ 519-539-1111

How Can I Participate?

Buy a Garden Fresh Box Voucher @ one of the locations below:

INGERSOLL

- Fusion Youth Centre
- Pharmasave
- Victoria Park Community Centre
- Ingersoll Services for Seniors

WOODSTOCK

- Woodstock and Area Community Health Centre(CASH ONLY)
- Woodstock & District Developmental Services

Bring your voucher along with a reusable container/bag to pick up your Garden Fresh Box at WDDS, Woodstock or Pharmasave, Ingersoll.

- The Canada Food Guide recommends 7-10 fruits and vegetables per day for teen/adults.
- The Garden Fresh Box program is intended to promote healthy eating and exploring new options with fruits and vegetables.

***New and exciting**

***Nutritious**

***Budget Friendly**

***Farm Fresh**

***Seasonal**