



## Good Food Box Order Form

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who, along with The Community Kitchen, desire to see individuals and families accessing affordable nutritious food.

### Box Options

- Small Box: \$25, 20-15lbs of fruits/vegetables
- Medium Box: \$30, 30-35-lbs of fruits/vegetables
- Large Box: \$35, 40-45lbs of fruits/vegetables

Forms must be received, with payment (CASH only), at the Symons Valley United Church Office (38 Kincora Rise NW) before the Deadline Dates listed below and boxes can be picked up in the Board Room at the church between 7-8pm on the associated delivery date.

Form Deadline Date	GFB Delivery Date
Feb 3	Feb 14
Mar 3	Mar 14
Mar 31	Apr 11
May 5	May 16
Jun 2	June 13
Sept 29	Oct 10
Oct 27	Nov 7

Completed forms and payment can be dropped off during regular office hours (Mon- Fri 9am-3pm). For more information please contact Shelley (shelley.r.loke@huskyenergy.com) or Nicole (nwilliam@ucalgary.ca).

Name	Phone/Email	Small	Medium	Large