

*Sharbot Lake*  
Family Health Team

# GOOD FOOD BOX



Fresh, healthy,  
nutritious and affordable produce  
delivered monthly



**\$10 Box  
Example**



**\$15 Box  
Example**

\* Please note:

- Cash payment is due at time of ordering.
- Orders not picked up by 5pm will be donated to the Sharbot Lake Family Health Team Food Sharing Shelf

*Sharbot Lake*  
Family Health Team

AVAILABLE FOR  
ALL  
COMMUNITY  
MEMBERS!

ORDER DUE  
1st Thursday of  
each month  
At SLFHT Reception

PICK UP  
3<sup>rd</sup> Thursday of  
each month  
1-2pm  
Community Room  
(lower level, Sharbot Lake  
Family Health Team)

Call  
613-279-2100  
for  
more information