



Order a Garden Fresh Box today:

Eat **fresh** for less!  
The Garden Fresh Box is a food buying club for anyone who wants fresh vegetables and fruit without paying grocery store prices.

For more information about the Garden Fresh Box and locations near you, call:

- 519-344-2062 ext. 2111
- 1-800-387-2882

[www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)



**Garden** *Fresh* Box

Eat **fresh** for less!



As low as \$5 each



# What's in a Garden Fresh Box

Contents change every month depending on time of year and price, so we can't predict exactly what will be inside.

## Products available:

- **\$5 Fruit Bag**  
Example: Bananas, apples, oranges, pears, and kiwi.
- **\$5 Veggie Bag**  
Example: Lettuce, baby carrots, tomato, pepper and cucumber.
- **\$10 Vegetable and Fruit box**  
Includes potatoes, onions and carrots every month, as well as other vegetables and fruit.
- **\$15 Vegetable and Fruit box**  
Includes potatoes, onions and carrots every month, as well as other vegetables and fruit.

Every order includes a copy of the Garden Fresh News.

## Buying a Garden Fresh Box is as easy as 1-2-3!



1. Find a  
location.

There are Garden Fresh Box sites all over Lambton County. To find a site, call:

- 519-344-2062 ext. 2111
- 1-800-387-2882

2. Place your  
order.

Pay for your order at a Garden Fresh Box site by the first Friday of the month.



3. Pick  
up your  
order.

Pick up your order at the same Garden Fresh Box site during the third week of the month.

Pick-up day is Wednesday or Thursday, depending on the site.