

# GROCERY BOX PROGRAM

The **Loyalist Grocery Box** is a convenient monthly program for students and staff to take advantage of, especially those living on campus as the food is delivered to the Commons Building; no car needed!

This program is made available through the Community Development Council of Quinte (CDC) who purchase locally as much as possible. They have made some changes to the Boxes this year and are now offering a selection of fresh fruit & vegetables in a variety of sizes to suit your needs. We have also made ordering even easier; you can order online!

Below are the 3 options with examples of what might be in each  
(N.B. items change with the season & availability):

## Fruit Bag -\$5

- 1 apple
- 1 kiwi
- 2 bananas
- 1 orange
- 1 lemon
- 1 melon
- 1 pear
- 1 nectarine
- 1/2 lb seedless grapes
- 1 plum
- 1 grapefruit

## Singles Box—\$10

- 5 lbs potatoes
- 1 lb carrots
- 1 lb onion
- 1 romaine lettuce
- 1 broccoli
- 1 red & green pepper
- 1 celery
- 1 cucumber
- 1 melon
- 3 apples
- 2 oranges
- 1 kiwi
- 1 pear
- 1 tomato

## Family Box —\$15

- 10 lbs potatoes
- 2 lb carrots
- 1 lb onion
- 1 broccoli
- 1 celery
- 1 cabbage
- 1 romaine lettuce
- 1 cucumber
- 1 red & green pepper
- 2 tomatoes
- 8 apples
- 2 kiwi
- 6 bananas
- 4 oranges
- 2 pears

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## Order & Delivery Dates 2011-2012

Month	Order By	Delivery Date
October	13th	19th
November	10th	16th
December	8th	14th
January	12th	18th
February	9th	15th
March	8th	14th
April	12th	18th

## Ordering Instructions

*NOTE: Payment can now be completed online or with the Cash Office*

### For Students/Staff:

Please use Banner

[www.loyalistbanner.com](http://www.loyalistbanner.com)

### For Parents & Friends:

Go to the "Loyalist Lunch Box Services" under Student Services on our web site:

[www.loyalistcollege.com](http://www.loyalistcollege.com)

For questions or enquiries about the Loyalist Grocery Box Program please contact Bev Denyes at:  
613-969-1913 ext. 2152 or [bdenyes@loyalistc.on.ca](mailto:bdenyes@loyalistc.on.ca)

For technical issues with ordering please contact the Help Desk at:  
613-969-1913 ext. 2420 or [helpdesk@loyalistc.on.ca](mailto:helpdesk@loyalistc.on.ca)