



## Loyalist 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 who purchase locally as much as possible and in bulk. Food items vary from month to month but thanks to your comments we've made a few changes this year! The \$40 box will now consist of 1 box of perishables (fruits & veggies) and 1 box of non-perishables.

### There are 3 options to consider when choosing a Grocery Box:

**\$15** — **1 box** containing a fresh selection of fruits and vegetables such as potatoes, carrots, lettuce, onions, broccoli, cauliflower, peppers, squash, apples, oranges, kiwis, pears, bananas, etc.

**\$25** — **1 box** containing some fruits and vegetables (typically potatoes, celery, apples, bananas, carrots, onions, bagels, bread), plus an assortment of non-perishable items such as soups, cereal, pasta, pasta sauce, individual puddings, applesauce, microwave popcorn, rice, juice, etc.

**\$40** — **1 box** containing fresh fruits and vegetables **plus 1 box** of non-perishables of food items such as soups, cereal, rice, pasta, pasta sauce, tuna, macaroni and cheese, juice, individual snacks (pudding, fruit, granola bars), microwave popcorn **along** with bread items.



For more information please contact Bev Denyes at:  
613.969.1913 ext 2152 or [bdenyesh@loyalistc.on.ca](mailto:bdenyesh@loyalistc.on.ca)



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## Order and Delivery Dates 2010—2011

Month	Order By	Delivery Date
September	16th	22nd
October	14th	20th
November	11th	17th
December	9th	15th
January	13th	19th
February	10th	16th
March	10th	16th
April	14th	20th

## Ordering Instructions

Payment can be sent with the completed, attached order form to:

Loyalist College  
P.O. Box 4200  
Belleville, Ontario K8N 5B9  
Attention: Cash Office — Loyalist Grocery Box Order

Or

In person with the Cash Office (2H1)

Or

By calling the Cash Office at 613-969-1913 ext 2230