

# COMMUNITY SERVICES



Fernwood NRG

## GOOD FOOD BOX

Affordable, nutritious, delicious produce delivered to your neighbourhood or home

At Oaklands Community Centre, you can order, purchase and pick up your own Good Food Box every Wednesday. For more information visit: [www.thegoodfoodbox.ca](http://www.thegoodfoodbox.ca) or call 250-381-1552 ext: 100.

Good Food Box is a non-profit alternative fruit and vegetable distribution system. Boxes are available for pick-up or delivery every Wednesday. They prioritize locally grown, unsprayed produce with a focus on seasonal fruits and vegetables.

Good Food Box is a project of the Fernwood Neighbourhood Resource Group (Fernwood NRG), a non-profit organization based in Fernwood, Victoria.

### WHY ORDER A GOOD FOOD BOX?

#### **YOU WILL SAVE MONEY**

Good Food Box is similar to a large bulk club with centralized buying coordination. They only add a small mark up to cover operating costs and pass the savings on to you. Their goal is to make produce available at the lowest price possible to the greatest number of community members.

#### **YOU WILL INCREASE YOUR HEALTHY CHOICES**

Good Food Box ensures that you and your family will always have tasty, fresh and nutritious fruits and vegetables in your home. The Good Food Box newsletter also provides inspiration for meal and snack ideas with weekly recipes.

#### **YOU WILL BE SUPPORTING LOCAL FARMERS**

Good Food Box prioritizes ordering produce from local and regional farmers. They also source from other places while always trying to get the best prices closest to home.

\*Delivery available throughout Greater Victoria for a \$3 fee.

#### **STAPLES BOX \$20.00**

Pounds of carrots, onions, potatoes, apples and one additional item



#### **LARGE BOX \$20.00**

10 to 13 items, a mix of veggies & fruit



#### **MEDIUM BOX \$13.00**

7 to 8 items, a mix of veggies & fruit



#### **ORGANIC BOX \$20.00**

8 to 11 items, veggies & fruit, a mix of certified & non-certified spray free organic produce



#### **SNACKING BOX \$10.00**

5 to 6 items, fruit & veggies, delicious raw



#### **FRUIT BOX \$15.00**

5 to 8 items, all fruit



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## USED BATTERY AND RECYCLING PROGRAM

You can now recycle your used batteries and cell phones at Oaklands Community Centre (OCC). Since 2012, OCC has been a part of the Climate Smart program and we are striving to reduce our carbon footprint and environmental impact.

Through Call2Recycle™, many toxic materials and useful metals can be kept out of the landfill and reused. We will send them away for safe recycling.



## PCEC “1000 X 5” CHILDREN’S BOOK RECYCLING PROJECT

Grab a pack of books the next time you come to the Oaklands Community Centre, generously given to our community by the PCEC’s “1000x5” project. Through this initiative, gently-used children’s picture books are collected from the community.

The books are delivered to the PCEC’s collection depot where they are screened for suitability, counted, labelled, sorted, and bagged for distribution to young children (birth-5 years) and their families.



## GET YOUR VTAG PAINT OUT KIT AT THE CENTRE

VTAG aims to recruit members of the public to take responsibility for their communities. The program is also meant to inform residents of the proper protocol to RECORD, REPORT and REMOVE graffiti.

If you would like to pick up a VTAG kit and remove graffiti in your neighbourhood area, please call the Centre to arrange a kit pick up.

