

Dear Good Food Box Supporter;

Another holiday season is upon us and as people turn to thoughts of giving, we wanted to tell you about an exciting opportunity.

The **Good Food Box** helps hundreds of individuals and families throughout the North Okanagan access an affordable box of locally-sourced fresh fruits and vegetables for only \$16 per month (approximately \$32 retail value).

This program does not receive any government funding for coordination and operating expenses. The Good Food Box would not exist without a dedicated coordinator.

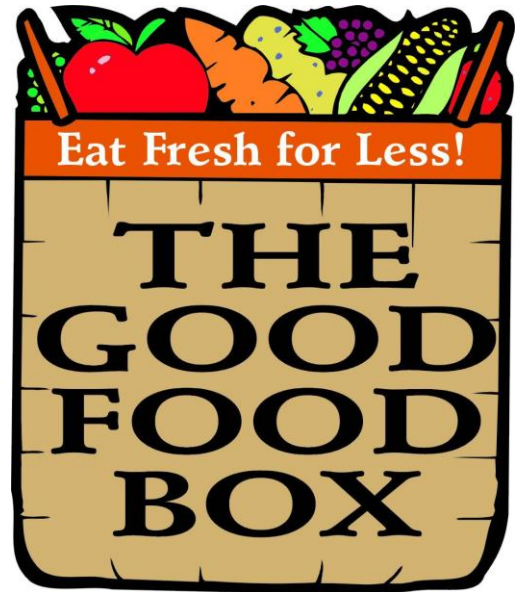
There are two ways you can help:

1. Pre-purchase boxes for \$20/mo that will go directly to support families and individuals. \$5 from every box purchased will go towards supporting the program.

OR

2. Provide a general donation to be used as needed to support the program.

For more information about the Good Food Box go to www.goodfoodbox.net or call 250-306-7800



SAMPLE BOX

5 lbs potatoes	2 lbs carrots
1 lb tomatoes	1 lettuce
3 lbs apples	1 bunch broccoli
1 lb red grapes	1 BC cucumber
12 oranges	2 lbs yams
1 lb onions	

Yes, I would like to support the Good Food Box!

Name _____

Address _____ Postal Code _____

Phone _____ Email _____

I would like to pre-purchase _____ boxes @ \$20 each for a total of: _____ OR

I would like to provide a general donation to the program in the amount of: _____

Charitable tax receipt* requested? _____

Cheques can be made payable to *Food Action Society of the North Okanagan* and mailed to:
3002 15th St.
Vernon, V1T 3W2

*Please return this form with your payment. If it is a group contribution, please have each individual fill out a form if a tax receipt is requested. *Donations of \$20 or more.*



food action society
Cultivating Change in our Community

The **Food Action Society of the North Okanagan** administers the Good Food Box program and is helping to support the Good Food Box to "bridge the gaps" for more people in our community – particularly in these tough economic times. Learn more at www.foodaction.ca

THANK YOU FOR YOUR GENEROSITY!