



Enjoy a seasonal fruit box or vegetable/fruit box for only \$13 each!



The Wellness Box

Geared to seniors, features prepared, cut-up fruit and vegetables



Fruit Box

Fresh fruit with an emphasis on what's in season



Small Good Food Box

Fresh fruit and vegetables with an emphasis on seasonal produce

For more information, please call 416-225-6041 x 317

htran@mowam.ca

www.mealsonwheelsandmore.ca



Field to Table – delivery schedule 2016

January 6	January 20	
February 3	February 17	
March 2	March 16	March 30
April 13	April 27	
May 11	May 25	
June 8	June 22	
July 6	July 20	
August 3	August 17	August 31
September 14	September 28	
October 12	October 26	
November 9	November 23	
December 7	December 21	