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www.mealsonwheelsandmore.ca

Enjoy a seasonal fruit box or vegetable/fruit box for only \$14 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

hoay@mowam.ca

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2021 Field to Table Delivery Schedule

January 6	January 20	
February 3	February 17	
March 3	March 17	March 31
April 14	April 28	
May 12	May 26	
June 9	June 23	
July 7	July 21	
August 4	August 18	
September 1	September 15	September 29
October 13	October 27	
November 10	November 24	
December 8		