



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

hoay@mowam.ca

www.mealsonwheelsandmore.ca



Field to Table – delivery schedule 2018

January 10	January 24	
February 7	February 21	
March 7	March 21	
April 4	April 18	
May 2	May 16	May 30
June 13	June 27	
July 11	July 25	
August 8	August 22	
September 5	September 19	
October 3	October 17	October 31
November 14	November 28	
December 12		