

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

www.mealsonwheelsandmore.ca

[.../page 2](#)

Field to Table Delivery Schedule 2019

| | | |
|-------------|--------------|------------|
| January 9 | January 23 | |
| February 6 | February 20 | |
| March 6 | March 20 | |
| April 3 | April 17 | |
| May 1 | May 15 | May 29 |
| June 12 | June 26 | |
| July 10 | July 24 | |
| August 7 | August 21 | |
| September 4 | September 18 | |
| October 2 | October 16 | October 30 |
| November 13 | November 27 | |
| December 11 | | |

