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# 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](mailto:hoay@mowam.ca)

[www.mealsonwheelsandmore.ca](http://www.mealsonwheelsandmore.ca)

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## Field to Table Delivery Schedule 2020

January 8	January 22	
February 5	February 19	
March 4	March 18	
April 1	April 15	
April 29	May 13	May 27
June 10	June 24	
July 8	July 22	
August 5	August 19	
September 2	September 16	
September 30	October 14	October 28
November 11	November 25	
December 9		