

The



# FAMILY BASKET

Eat Well and Save \$\$\$

*fresh, nutritious, convenient  
& affordable food*



***a special offer available  
to families on assistance***

## Sample Contents

(contents vary every delivery)

- 5-10 lbs Red Potatoes • 2 lbs Carrots • 1 lg Cuke • 2 Tomatoes
- 1 Green Pepper • 1 head Lettuce • 1 lb Nectarines • 2 Lemons
- 2 lbs Grape • 3 lbs Apples • 3 Grapefruit • 1 lg bunch Bananas
- 8 Navel Oranges • 3 litres 2% Milk • 3 loaves Fresh Bread
- 1 dozen Eggs • 1 lb Margarine • 1 lb Pasta • 2 lbs Rice
- 1 Hearty Soup Mix or other special treat

(bonus for pickup)

- 2 lbs Hamburger • 1 litre Milk

## Only \$30

This program made possible through a collaboration of:

**REACH**  
Regina Education & Action on Child Hunger

 **Community Resources**

REACH (Regina Education & Action on Child Hunger) is a nonprofit, charitable organization working to ensure that all Regina families have equal and fair access to safe, nutritious and affordable food.

**Questions? Phone 347-3224!**

The Family Basket is a large box of garden fresh and nutritious fruit and vegetables - and we've added milk, breads, eggs, and other healthy and tasty foods along with helpful recipes & food tips.

The Family Basket is around 50 pounds of food and sells for just **\$30.00** and it is delivered right to your door -at no extra charge - twice a month. The basket is an excellent value, saving you an average of 1/3 of the price of buying the same groceries at the supermarket.

The Family Basket also offers a valuable bonus if you decide to pick up your food rather than have it delivered.

We know that the health of your family is very important to you. That's why we want to offer you an exciting opportunity to increase the nutritional health and well-being of your family with our fresh and delicious foods, while also allowing you to s-t-r-e-t-c-h your food-buying dollar.

Contact your Family Worker or REACH at 347-3224 for information.