

# LOCAL SUBSCRIPTION BOX DELIVERS BEST OF HALTON BUSINESSES

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There's a new player on the subscription box scene, and this one delivers products from Halton small businesses while also supporting local charities.

The Community Caring Box launched late last year from its home base in Georgetown, and according to founders Caroline Buzzanga and Connie Ward, their initiative has been welcomed by both businesses and residents

during these challenging times.

"We just saw the community's desire to wrap its arms around the small business community and help," said Ward. "We thought, wouldn't it be wonderful if everyone could get a taste of what these businesses have to offer?"

The local subscription box offers up full-size products and vouchers from Halton businesses that are selected to appeal to the whole family. For example, the first box contains

## BUSINESS DETAILS

**WEBSITE:**  
communitycaringbox.ca  
**EMAIL:**  
info@communitycaringbox.ca  
**PHONE:**  
416-997-8076

things like chocolate truffles, shortbread cookie mix, a hat and mittens, a magnetic fidget toy, beauty products and more.

"The unique thing about the box is we're not asking businesses for a free contribution — we help them cover the costs," noted



Allison Clark photo

Community Caring Box founders Connie Ward (left) and Caroline Buzzanga.

Ward.

Both women decided it was also very important to support charities with their endeavour, so a portion of the box proceeds each season will be donated to a local cause. Halton Women's Place has been selected as the inaugural winter box beneficiary.

As small business own-

ers themselves, Ward and Buzzanga know how local entrepreneurs have struggled throughout the pandemic, making the Community Caring Box that much more important right now.

"It's definitely a passion project for us to bring hope and a sense of pride and control for small business-

es at a time when we've had to pivot several times without feeling super confident," said Ward.

The Community Caring Box is delivered four times a year, with annual subscriptions and individual boxes available to purchase.

For further details, visit [communitycaringbox.ca](http://communitycaringbox.ca).

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**Q:** Is thumb sucking bad?

**A:** Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur. By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs. So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.