GOOD Food **BUILDS** Community

This holiday season, we want to ensure that all our friends and neighbours in Halton have **GOOD** nutritious food on their dinner tables.

That's why between December 20-24, we're distributing 800 senior boxes to older adults in Burlington, Oakville, Milton, Georgetown, and Acton. This is made possible by the support of community members — like you!

So, what's in a Food for Life senior box? We're glad you asked!

Each older adult will receive a box filled with good healthy food for the holidays including fresh fruits and vegetables, a protein, such as ham or chicken, stuffing, cookies, and tea. They'll also receive a handwritten holiday note from community members at Community Development Halton.

Seniors boxes will be distributed with the help of a team of 30 volunteers who will ensure that each box is filled with holiday cheer!

Thank you to Ippolito and EarthFresh for providing produce.

"I look forward to receiving my food bag and have tried many new foods. I feel I'm eating healthier since I've been receiving this food."

- Georgetown neighbour

Food for Life

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FoodForLife.Ca