

Grants subsidize program costs

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are usually eight to 10 people who want to buy a box.

Boxes are accompanied by a newsletter that offers nutritional information, as well as easy and economical food preparation tips and recipes.

The Halton Fresh Food Box program started in November 2004. Volunteers packed 162 boxes at St. Christopher's; now they're distributing 280 to 350 boxes through 16 neighbourhood drop-offs.

Ms Moher said there are no prerequisites to buying a box of food.

"It's a universal program but we have our priority groups like seniors and those on fixed incomes. We are encouraging healthy

eating by any group.

"The response from our sites is that about 80 per cent are repeat customers and about 50 per cent of our customer base is on a fixed income," she added.

Once a month volunteers pack the vegetables and fruits into green, reusable boxes at St. Christopher's for delivery throughout the region.

Volunteer co-ordinators collect money for the boxes in advance of delivery and make sure that everyone gets their box. Delivery occurs on the third Tuesday of every month with more than 100 volunteers involved in the distribution. Eleven days elapse between an order being placed and its delivery. Only cash is

accepted as payment.

Distribution and other program costs are subsidized via grants from two sources, Choices 4 Health and the Ontario Trillium Foundation.

The Halton Fresh Food Box is managed by the Halton Fresh Food Box Steering Committee. The committee is comprised of several community partners including St. Christopher's Anglican Church in Burlington, Halton Region, Halton Multicultural Council, Halton Anti-poverty Coalition, Elder Services Advisory Committee and the Ontario Early Years Centre, Burlington.

For more information or to find a drop-off site near you, call (905) 634-8645.



Indian summer



Above, Onondaga First Nations dancer Chris Warner performs as part of the Indian Summer event at Crawford Lake Conservation Area Sunday. At left, Chief Top Leaf (Albert McArdle) of the Mohawk Nation talks about drying corn.

Photos by GRAHAM PAINE

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TERRA Trends GREENHOUSES

Fall Into Planters

Now that the kids are well into school and we are definitely into fall it is time to make sure summer planters get refreshed up. Transforming these planters into their full fall splendour is the topic for this week's TERRA Trend.

Container gardening continues to grow in popularity and changing the planters with each new season is what makes container gardening so much fun. For the fall season the most popular plant to add is the fall mum for its great fall colour. Mums aren't all there are though. Asters, purple fountain grass, pansies and a number of perennials and ornamental grasses can help add that special flare to your favourite container. Try something different by adding corn stalks, Indian corn or grape vine wreaths.

The possibilities are bounded only by your imagination, so it's time to get creative. Drop by one of our garden centres this week, check out the fabulous selection of pottery and urns, pick up your plant material and accents and build that fall excitement for your home.

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