Hello QCH Pomonok Food Box Participants,

As always, we would like to thank you for your continuing participation in our Food Box Program. Please feel free to email or text us back with your desired food box so that we may have it all ready for you for pick up. If you are unable to come to our Food Box Program on Wednesday, please specify whether or not you will be participating in “Pick-Up Only Thursdays” this week.

SNAP, WIC, Senior FMNP, Health Bucks, Veteran’s Discount Program, Cash, Debit, and Credit forms of payment are ACCEPTED.

On Wednesday, November 2nd, we will be giving out the following items:

Gala (red) Apples

Special Vegetable of the Week: **Butternut Winter Squash**

Golden Delicious (yellow) Apples

Asian Pears

Italian Plums

Brussels Sprouts

White Cauliflower

Leeks

Baby Spinach

Black Organic Beans

Pinto Organic Beans

Polenta

All Purpose Flour

Garlic

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| --- | --- | --- |
|  | Regular Pricing | Pomonok Resident Pricing |
| Family Box (8 units) | $15.00 | $10.00 |
| Small Box (6 units) | $10.00 | $8.00 |
| Personal Box (4 units) | $8.00 | $6.00 |
| Fruit Box | $7.00 | $7.00 |

Sincerely,

The Queens Community House at Pomonok Food Box Program Coordinators