Buying locally grown fruits and vegetables makes sense for better nutrition. Food Box Programs make it easy to purchase from the farmers in your region. To receive regular deliveries of locally grown fruits and vegetables, contact one of the following organizations:

**Food Share**
- Website: [www.foodshare.net](http://www.foodshare.net)
- Email: gfbox@foodshare.net to find a drop off location
- Phone: 416-363-6441
- Locations: pick up sites all over Ontario

**Green Earth Organics**
- Website: [www.greenearthorganics.com](http://www.greenearthorganics.com)
- Email: service@greenearthorganics.com
- Locations: deliveries in Toronto and Simcoe-Muskoka
  - Green Earth Organics Toronto
    - Phone: 416.285.5300
    - 24-hr Hotline: 416.532.2713
  - Green Earth Organics Simcoe-Muskoka
    - Phone: 705.689.5300

**Mama Earth Organics**
- Website: [www.mamaearth.ca](http://www.mamaearth.ca)
- Email: heather@mamaearth.ca
- Locations: deliveries in Toronto only

**Front Door Organics**
- Website: [www.frontdoororganics.com](http://www.frontdoororganics.com)
- Email: info@frontdoororganics.com
- Phone: 416-201-3000
- Locations: deliveries in Toronto only

**Wanigan**
- Website: [www.wanigan.com](http://www.wanigan.com)
- Phone: 877-926-4426
- Email: info@wanigan.com
- Locations: deliveries in GTA

**Plan B Organic Farms**
- Website: [www.planorganicfarms.ca](http://www.planorganicfarms.ca)
- Email: info@planorganicfarms.ca
- Phone: 905-659-2572
- Locations: pick up at locations around GTA

**Organics on Bloor**
- Website: [www.organicsonbloor.com](http://www.organicsonbloor.com)
- Phone: 416-538-1333
- Locations: deliveries in Toronto only