

## Welcome to the Harvest Bucks program!

You can use Harvest Bucks to buy fresh vegetables and fruit. Harvest Bucks are accepted by vegetable and fruit vendors at the locations listed on the back.

No change is given if the full amount of the voucher is not used. Harvest Bucks and money can be used together to buy fresh vegetables and fruit.

Harvest Bucks must be used by January 31, 2025.

Do you have a question about healthy eating? Call Health811 to speak to a Dietitian for free at 811. Translation services available in more than 120 languages.

## مرحبًا بك في برنامج Harvest Bucks!

يمكنك استخدام قسائم Harvest Bucks لشراء الخضروات والفاكهة الطازجة. يتم قبول قسائم Harvest Bucks من قبل بائعي الخضروات والفواكه في المواقع المذكورة خلف القسائم.

إذا لم يتم استخدام مبلغ القسيمة كاملاً، لن يتم استرداد الباقي نقداً. يمكن استخدام قسائم Harvest Bucks والنقود معاً لشراء الخضروات والفاكهة الطازجة.

يجب استخدام قسائم Harvest Bucks قبل حلول 31 يناير/كانون الثاني 2025.

هل لديك استفسار حول الأكل الصحي؟ اتصل بـ Health811 للتحدث إلى أخصائي التغذية مجاناً على الرقم 811. خدمات الترجمة متوفرة بأكثر من 120 لغة.

## Bienvenue au programme *Harvest Bucks*!

Vous pouvez utiliser les bons *Harvest Bucks* pour acheter des légumes et des fruits frais. Ces bons sont acceptés par les marchands de légumes et de fruits aux endroits indiqués au verso.

Aucune monnaie n'est rendue si vous n'utilisez pas le montant total du bon, mais pouvez combiner le bon *Harvest Bucks* avec de l'argent comptant pour acheter des légumes et des fruits frais.

Le bon doit être échangé au plus tard le 31 janvier 2025.

Avez-vous une question sur l'alimentation saine? Appelez Santé811 pour parler avec une diététiste gratuitement au 811. Des services d'interprétation sont disponibles dans plus de 120 langues.

## ¡Bienvenido al programa de Dólares Harvest!

Usted podrá utilizar los dólares Harvest para comprar frutas y verduras frescas. Los dólares Harvest son aceptados por los vendedores de frutas y verduras localizados en las ubicaciones que se enumeran al dorso.

No se dará cambio si no se utiliza el monto total del cupón. Pueden combinarse los dólares Harvest y el dinero común para comprar frutas y verduras frescas.

Los dólares Harvest deben usarse antes del 31 de enero de 2025.

¿Tiene alguna pregunta sobre alimentación saludable? Llame a Health811 para hablar con un dietólogo de manera gratuita. Hay servicios de traducción disponibles en más de 120 idiomas.



## Locations / Lieux / Ubicaciones

المواقع

- 1. Berries Market Inc. ([www.berriesmarket.com](http://www.berriesmarket.com))**  
Location: 820 Wharncliffe Road South #4, London  
Hours: Sunday 9am-7pm, Monday to Saturday 9am-8pm
- 2. Covent Garden Market ([www.coventmarket.com](http://www.coventmarket.com))**  
Location: 130 King Street, London  
Indoor Market: Sunday 11am-4pm, Monday to Saturday 8am-6pm (January to December)  
Outdoor Farmers' Market: Saturday 8am-1pm (April to December)
- 3. Ilderton Farmers Market ([ildertonfarmersmarket.com](http://ildertonfarmersmarket.com))**  
Location: 100 Meadowcreek Drive, Ilderton  
Hours: Saturday 9am-12pm (June to October)
- 4. London Food Co-op\* (<https://www.londonfood.coop>)**  
Location: 621 Princess Avenue, London  
Hours: Tuesday to Friday 9am-7pm, Saturday 9am-4pm  
\*Fresh produce available at member prices when paid for with Harvest Bucks vouchers
- 5. London Good Food Box ([www.gccrc.ca/goodfoodbox](http://www.gccrc.ca/goodfoodbox))**  
Various locations
- 6. Millar Berry Farms ([www.millarberryfarms.com](http://www.millarberryfarms.com))**  
Location: 7375 Longwoods Road, London  
Hours: Sunday to Saturday (May to late October) (check Facebook for hours)
- 7. Southdale Fruit Market ([www.southdalefruitmarket.com](http://www.southdalefruitmarket.com))**  
Location: 771 Southdale Road East, London  
Hours: Sunday to Saturday 9am-8pm
- 8. Superking Supermarket ([www.superking.ca](http://www.superking.ca))**  
Location: 785 Wonderland Road North, London  
Hours: Sunday 9am-8pm, Monday to Saturday 9am-9pm
- 9. The Hyde Park Uptown Market ([hydeparkbia.ca/events/uptown-market](http://hydeparkbia.ca/events/uptown-market))**  
Location: 1695 Hyde Park Road (Hyde Park Village Green), London  
Hours: Sunday 10am-2pm (June to September)
- 10. The Market at Western Fair District ([www.westernfairdistrict.com/market](http://www.westernfairdistrict.com/market))**  
Location: 900 King Street, London  
Hours: Saturday 8am-3pm, Sunday 10am-2pm
- 11. United Supermarket**  
Location: 1062 Adelaide Street North, London  
Hours: Sunday to Saturday 9am-11pm
- 12. Urban Roots London ([urbanrootslondon.ca](http://urbanrootslondon.ca))**  
Location: 21 Norlan Avenue, London  
Hours: Sunday 10am-1pm, Wednesday 4pm-sunset (mid May to late Oct) (check website)
- 13. Your Masonville Market ([www.facebook.com/MasonvilleMarket](http://www.facebook.com/MasonvilleMarket))**  
Location: Richmond Street and Jacksway Crescent, London  
Hours: Friday 8am-1pm (May to October)

مجلات أحمد صوفان