



# 2025 HAMPER DELIVERY SERVICE **IT'S FREE!**

**We offer free home delivery to CFN members in the Highlands East area who are unable to travel to our food banks.**

## **CARDIFF AND PAUDASH DELIVERY INFO**

Contact Sandy to register at (613) 318-8805. No deadline. Registration is ongoing.

## **GOODERHAM, TORY HILL, HIGHLAND GROVE, HARCOURT AND WILBERFORCE DELIVERY INFO**

Delivery occurs once per month. Please register by deadline. Our volunteers will do their best to accommodate late requests whenever possible. Call Karen to register! (705) 243-2419

### **REGISTRATION DEADLINE**

3:00 PM on Monday the week before\* delivery  
*\*Exceptions for Stat. Holidays & Dec*

### **DELIVERY DAY**

Third Thursday after 2 PM

### **REGISTER NOW! CONTACT KAREN**

(705) 243-2419  
[hello@centralfoodnetwork.org](mailto:hello@centralfoodnetwork.org)

## **2025 DELIVERY CALENDAR**

	<b>CALL BY 3:00 PM ON</b>		<b>DELIVERY ON</b>
JAN	<b>Monday, January 6, 2025</b>	–	Thursday, January 16, 2025
FEB	<b>Monday, February 10, 2025</b>	–	Thursday, February 20, 2025
MAR	<b>Monday, March 10, 2025</b>	–	Thursday, March 20, 2025
APR	<b>Monday, April 7, 2025</b>	–	Thursday, April 17, 2025
MAY	<b>Monday, May 5, 2025</b>	–	Thursday, May 15, 2025
JUN	<b>Monday, June 9, 2025</b>	–	Thursday, June 19, 2025
JUL	<b>Monday, July 7, 2025</b>	–	Thursday, July 17, 2025
AUG	<b>Monday, August 11, 2025</b>	–	Thursday, August 21, 2025
SEP	<b>Monday, September 8, 2025</b>	–	Thursday, September 18, 2025
OCT	<b>Monday, October 6, 2025</b>	–	Thursday, October 16, 2025
NOV	<b>Monday, November 10, 2025</b>	–	Thursday, November 20, 2025
DEC	<b>Friday, December 5, 2025</b>	–	Week of December 15, 2025