



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)-448-9711

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) 448-9711
hello@centralfoodnetwork.org

2025 DELIVERY CALENDAR

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