



# NOWBC Co-op

## Standing Orders

Placing a standing order with the co-op can save time, save you from having to remember to order your groceries, and helps NOWBC by helping you to shop sustainably and order regularly! Just tell us what you want and how often, and we will send you food.

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### TO PLACE A STANDING ORDER:

Email us at [orders@nowbc.ca](mailto:orders@nowbc.ca) with the following information:

1. Your name
2. Order frequency
  - Every week
  - Twice a month (1<sup>st</sup> & 3<sup>rd</sup> weeks of each month)
  - Once a month (1<sup>st</sup> week of each month)
3. List of items you would like (browse [www.nowbc.ca](http://www.nowbc.ca))

### FRESH PRODUCE OPTIONS:

- ALL LOCAL seasonal produce – approx \$15 worth
- ALL LOCAL Seasonal produce – approx \$25 worth
- MOSTLY LOCAL Seasonal produce – approx \$15 worth
- MOSTLY LOCAL Seasonal produce – approx \$25 worth

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Most items we carry are regularly available, so select anything you want, and if it is unavailable at some times, we will let you know. For FRESH PRODUCE, since this varies wildly with the season, we offer the options listed above for standing orders, let us surprise you like in those summer CSA boxes! Note: you can place another order in addition to your standing order any week you want also.

Please add any notes about your favorite produce, a volunteer will be selecting items for you and will be reading your comments. And if you you can handle beets, carrots, potatoes, mushrooms, onions and similar November through April, go full on with the 100-mile diet and choose one of the ALL LOCAL options! Otherwise we will provide you with all local produce from about May to October, then mostly local with a few imports from California (such as greens, broccoli or the occasional citrus treat) November to April.

Please note: Prices subject to change, see [www.nowbc.ca](http://www.nowbc.ca) for current prices. Confirmation email for each order will be sent on or before the Sunday prior to delivery with current prices for your review. Any changes or cancellation of your standing order that week must be submitted by Monday 6pm prior to delivery day.