

**\*2023\* GOOD FOOD BOX ORDER AND DELIVERY SCHEDULE**

**>HIGHLIGHTED GREEN shows ADDITIONAL order & delivery dates for Aug<**

<b>W of 14 St NW / N of Memorial &amp; Parkdale</b>		<b>East of 14 St NW / N of Memorial</b>		<b>E of Deerfoot / N of Memorial</b>	
<b>A ORDER DATE</b>	<b>DELIVERY DATE * WEDNESDAY</b>	<b>B ORDER DATE</b>	<b>DELIVERY DATE * THURSDAY</b>	<b>C ORDER DATE</b>	<b>DELIVERY DATE * FRIDAY</b>
Jan 17	Jan 25	Jan 17	Jan 26	Jan 17	Jan 27
Feb 7	Feb 15	Feb 7	Feb 16	Feb 7	Feb 17
Mar 7	Mar 15	Mar 7	Mar 16	Mar 7	Mar 17
Apr 11	Apr 19	Apr 11	Apr 20	Apr 11	Apr 21
May 2	May 10	May 2	May 11	May 2	May 12
May 30	Jun 7	May 30	Jun 8	May 30	Jun 9
Jun 20	Jun 28	Jun 20	Jun 29	Jun 20	Jun 30
<b>Aug 22</b>	<b>Aug 30</b>	<b>Aug 22</b>	<b>Aug 31</b>	<b>Aug 22</b>	<b>Sep 1</b>
Sep 19	Sept 27	Sep 19	Sep 28	Sep 19	Sep 29
Oct 17	Oct 25	Oct 17	Oct 26	Oct 17	Oct 27
Nov 14	Nov 22	Nov 14	Nov 23	Nov 14	Nov 24

  

<b>West of 14 St SW / N of Glenmore INCLUDING COCHRANE</b>		<b>Downtown Core / N of Glenmore &amp; E of Deerfoot / N of 50 Ave SE</b>		<b>OUT OF TOWN TO THE EAST OF CALGARY</b>	
<b>D ORDER DATE</b>	<b>DELIVERY DATE * WEDNESDAY</b>	<b>E&amp;F ORDER DATE</b>	<b>DELIVERY DATE * THURSDAY</b>	<b>OT ORDER DATE</b>	<b>DELIVERY DATE * FRIDAY</b>
Jan 3	Jan 11	Jan 3	Jan 12	Jan 3	Jan 13
Jan 24	Feb 1	Jan 24	Feb 2	Jan 24	Feb 3
Feb 21	Mar 1	Feb 21	Mar 2	Feb 21	Mar 3
Mar 14	Mar 22	Mar 14	Mar 23	Mar 14	Mar 24
Apr 18	Apr 26	Apr 18	Apr 27	Apr 18	Apr 28
May 9	May 17	May 9	May 18	May 9	May 19
Jun 6	Jun 14	Jun 6	Jun 15	Jun 6	Jun 16
<b>Aug 8</b>	<b>Aug 16</b>	<b>Aug 8</b>	<b>Aug 17</b>	<b>Aug 8</b>	<b>Aug 18</b>
Sep 5	Sep 13	Sep 5	Sep 14	Sep 5	Sep 15
Sep 26	Oct 4	Sep 26	Oct 5	Sep 26	Oct 6
Oct 24	Nov 1	Oct 24	Nov 2	Oct 24	Nov 3
Nov 21	Nov 29	Nov 21	Nov 30	Nov 21	Dec 1

  

<b>W of Deerfoot / N of Canyon Meadows &amp; Woodridge</b>		<b>E of Bow Bottom &amp; Deerfoot / N of 130 Ave SE INCLUDING OKOTOKS</b>		<b>S of Canyon Meadows / S of 130 Ave SE</b>	
<b>G ORDER DATE</b>	<b>DELIVERY DATE * WEDNESDAY</b>	<b>H ORDER DATE</b>	<b>DELIVERY DATE * THURSDAY</b>	<b>I ORDER DATE</b>	<b>DELIVERY DATE * FRIDAY</b>
Jan 10	Jan 18	Jan 10	Jan 19	Jan 10	Jan 20
Jan 31	Feb 8	Jan 31	Feb 9	Jan 31	Feb 10
Feb 28	Mar 8	Feb 28	Mar 9	Feb 28	Mar 10
Mar 21	Mar 29	Mar 21	Mar 30	Mar 21	Mar 31
Apr 25	May 3	Apr 25	May 4	Apr 25	May 5
May 23	May 31	May 23	Jun 1	May 23	Jun 2
Jun 13	Jun 21	Jun 13	Jun 22	Jun 13	Jun 23
<b>Aug 15</b>	<b>Aug 23</b>	<b>Aug 15</b>	<b>Aug 24</b>	<b>Aug 15</b>	<b>Aug 25</b>
Sep 12	Sep 20	Sep 12	Sep 21	Sep 12	Sep 22
Oct 10	Oct 18	Oct 10	Oct 19	Oct 10	Oct 20
Oct 31	Nov 8	Oct 31	Nov 9	Oct 31	Nov 10
Nov 28	Dec 6	Nov 28	Dec 7	Nov 28	Dec 8

**\* PLEASE BE AWARE (SCHEDULE MAY CHANGE DEPENDING ON DEPOT AND BOX NUMBERS)**