



## Shipping Details

Pick Date	Thursday	Friday	Monday	Tuesday	
Delivery Day	Monday	Tuesday	Wednesday	Thursday	Friday
	1. Long Beach - May Every 2 Weeks - October Every Weeks	1. James 2. Jingle Pot 3. Ruckledge 4. Checkwagon 5. Cedar 6. Millway 7. Nicol Street 8. Bowen Road 9. North Ridge 10. Gold River	1. Parksville 2. Errington 3. Ryan Road 4. Quadra   Courtney 5. Comox & Lexp 6. Buckley Bay 7. Royston	1. Cumberland 2. Black Creek 3. Back Creek Diner 4. Ocean Grove 5. Best Buy Liquor 6. Duncan	1. Theits Every Friday

Gold River (bin)-CTS Pick up from Omni on Tuesday - Phone CTS each week to inform pick up or not.

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|-------------|----------------------|-------------------|
| Deli Stores | 1. Gold River        | 7. Comox          |
|             | 2. Jinglepot         | 8. Millway        |
|             | 3. Black Creek Diner | 9. Errington      |
|             | 4. Chuck Wagon       | 10. Cranberry Pub |
|             | 5. Cumberland        |                   |
|             | 6. Duncan Bay        |                   |