

How can YOU HELP?

There are many ways that you can contribute and participate in this community program:



Volunteer: Help wash bins, unload the truck or sort and pack the produce.

Be a host site! Get a group of friends and neighbours together to enjoy this opportunity.

Help deliver the produce to neighbourhood sites.

Help produce the monthly newsletter.

Contribute recipes, ideas and cooking tips to the monthly newsletter.

Financially contribute \$\$ to help subsidize food and the program.

Thank You!

The Thunder Bay Good Food Box is grateful to acknowledge the support and generosity of the community in making the program successful:

Northwestern Ontario
Women's Centre

Thunder Bay District
Health Unit

Quality Market

Erb Transport

Regional Food Distribution
Association

Take Heart Thunder Bay

...as well as many local farmers,
producers and our enthusiastic
volunteers!

**Come out and support your
community by participating in
Thunder Bay's Good Food Box
program!**



*The Thunder Bay Good
Food Box is a fruit and
vegetable distribution
program that makes
quality, fresh foods
available at reasonable
prices, while promoting
community involvement
and supporting local
agriculture!*

For information about the Good
Food Box Program, call or email:

807-345-7819

GoodFoodBox@tbaytel.net

What is the GOOD FOOD BOX?

The Good Food Box is a non-profit program for low-income families and individuals who want to purchase fresh, quality produce at a lower price than the supermarket.

Boxes are purchased in advance: \$20 for a family box or \$12 for an individual. Boxes are ordered and paid for by the 1st Thursday of each month. Food is packed and distributed from a main site to local host sites for pick up, on the 2nd last Thursday of each month. This makes food available at a time when folks may have less money for buying food.

What Comes in the BOX?



Every month, the boxes are filled with fresh produce. When it's in season, we purchase locally-grown produce. Here are some of the fresh veggies & fruits we include, depending on the season:

Potatoes, Carrots, Onions, Apples, Bananas, Lettuce, Oranges, Tomatoes, Mushrooms, Kiwi, Celery, Peppers, Pears, Melons and Garlic.

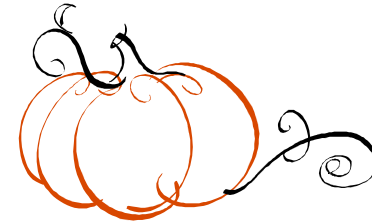
What are the BENEFITS?

- A box of fresh fruits and veggies, available in your neighbourhood once a month
- Enjoy adding a variety of fresh and nutritious foods to your diet
- Save money
- A way to get connected and involved in your community
- Occasionally purchasing from local food growers and supporting local farms & agriculture
- Enjoy trying out a recipe or food tip from the monthly newsletter



How to Sign up for the GOOD FOOD BOX

To order a Good Food Box, or to become a host site, please call us at 345-7819.



We can answer your questions and help you find a host site that's most convenient for you, in your neighbourhood.

Make your cash payment with your order at the host site on the first Thursday of the month. (Sorry, no cheques accepted.)

Good Food Boxes are picked up from the host site. Pick-up day is the second last Thursday of each month. Neighbourhood locations and times will be assigned upon registration.

For Good Food and Good Times...

Give us a call or send us an email for more information about the Good Food Box, to sign up, or to volunteer!

Phone: 345-7819

Email: goodfoodbox@tbaytel.net