

GOOD FOOD BOX SUDBURY

A program of:



Would you like to be a volunteer or host site (10 or more boxes)?

CONTACT US:

Amanda Collins

Good Food Box Coordinator

176 Larch Street, Suite 101

(Back entrance of Eat Local Sudbury)

Sudbury, Ontario

Phone:

705-222-0406

Email:

goodfoodbox@spcsudbury.ca

ORDER YOURS ONLINE

TODAY!

www.goodfoodboxsudbury.ca

Be healthy. Save money.

Build community.

Pick Up Location;
Christ the King Church 30 Beech
Street



Thank you to our
contributors!



Ontario
Trillium
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Northern Ontario Heritage
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Sudbury & District

Health Unit

Service de
santé publique

For a full list of our contributors,
please see our website:

www.goodfoodboxsudbury.ca



SUDBURY

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What is the Good Food Box?



The Good Food Box runs like a large buying club. Each month, customers pre-pay \$15 (large) or \$7 (small) for a box of fresh fruits and vegetables.

The Good Food Box Coordinator uses these deposits to place a bulk order through local distributors and producers

Food is then delivered to Christ the King Church where volunteers separate the variety of fruits and vegetables into individual boxes.

- Each box contains the same mix of fruits and vegetables
- The boxes are always below market price
- There is at *least* one local food item in each box, with numbers varying by season

What's "In It" for me?

All of the produce we purchase is high quality and fresh. We have local farmers and suppliers deliver their products to us the day we pack the Good Food Boxes!

Example Large Box (Winter) - \$15

- 3lbs Carrots
- 3lbs Onions
- 5lbs Potatoes
- Bunched Spinach
- 1 Cauliflower
- 2 Tomatoes
- 1 Red Pepper
- 1 Cabbage
- 1 Cucumber
- 4 Bananas

An Example Small Box (Starting March 2011) - \$7

- 2lbs Baby Carrots
- 2 or 3 Onions
- 1 Bunch Spinach
- 1 Tomato
- 1 Red Pepper
- 1 Cucumber
- 2 Bananas
- 2 Apples
- 1 Orange

Where do I pick it up?

All pick ups are at **Christ the King Church** (see map on **reverse**), on the **third Wednesday of each month** between **11:00am and 12:45pm**. Unclaimed boxes will be donated to individuals or families in need.

Our Goals

- Ensure everyone has access to fresh, nutritious and affordable food
- Promote health and well being through food skills education
- Support local farmers and economy by promoting seasonal buying and eating
- Build a program that is economically and environmentally sustainable

Where can I order one?

Order your Good Food Box at www.goodfoodboxsudbury.ca

Using Mastercard, Visa, American Express or Debit.

You can also visit one of the following locations:

Eat Local Sudbury

176 Larch St, Suite 101

Tues: 11a.m. - 3p.m.

Wed to Fri: 11a.m. - 6p.m.

Sat: 9a.m. - 4p.m.

Social Planning Council of Sudbury

30 Ste Anne Rd, Suite 105

9a.m. - 4:30p.m.

Canadian Diabetes Association

2141 Lasalle Blvd, Unit F

9a.m. - 4:30p.m.

N'Swakamok Native Friendship Centre

110 Elm St

9a.m. - 5p.m.

Aboriginal Peoples' Alliance of Northern Ontario (APANO)

66 Elm St, Unit 103

8:30a.m. - 4:30p.m.

All orders need to be placed by the second Wednesday of the month and picked up the third Wednesday of the month.