



What is the Good Food Box?

The Good Food Box is an alternative community based food distribution system that provides a variety of quality fresh fruits and vegetables at an affordable price. It is based out of the CHEP Good Food Inc. office in Station 20 West here in Saskatoon! CHEP Good Food Inc. is a non-profit organization in Saskatoon that works with children, families and communities to improve access to good food and promote food security.

Who can participate in the Good Food Box?

The great thing about CHEP's Good Food Box is that it is for EVERYONE who wants to support and learn more about local farmers, get to know their community, have access to affordable and better quality produce, enjoy a nice variety of fresh fruits and vegetables, and learn fun new recipes as well as nutrition facts from the newsletters included in each box!

How does this program work?



- In Saskatoon people contact the CHEP office to find out where their closest neighborhood coordinator is.
- On pre-determined days (every second Monday), contact your neighborhood coordinator and order the type(s) of box(es) you want. Pay the coordinator for your box(es).
- Nine days later (Wednesdays), 30-40 volunteers come together to help pack beautiful fruit and vegetable boxes. In the afternoon, your order is delivered to your neighborhood coordinator where you can go pick it up!
- Food boxes are mostly shipped in reusable containers so we recommend that when you pick up your good food box you bring your own reusable bags



How do I place an order?

You can place your first order by contacting the Good Food Box Coordinators! Their contact information can be found at the bottom of this page. John and Jonathan will help find the coordinator and depot that is most convenient for you!



How do I pay for my order?

Payment can be made by either cheque or in cash and is given to your neighbourhood coordinator. Cheques can be made out to "The Good Food Box" and can be postdated to the delivery date. Payment needs to be received at the time you place your order (9 days before delivery). You can order and pay for the next box at the time of pick-up to save yourself time & energy.



What Options Are Available?

- **Basic Box (\$24.00)** – Contains 8-10 different kinds of fruits and veggies in larger quantities, and often one dry item such as pasta or soup mix.
- **Regular Fruit and Veggie (\$17.00)** – Contains 9-11 different kinds of veggies and fruit. Typically contains 7-8 types of veggies and 2-3 types of fruit.
- **Small Fruit and Veggie (\$12.00)** – Contains 7-8 different kinds of veggies and fruit. Typically contains 5-7 types of veggies and 1-2 types of fruit.
- **Mini Fruit and Veggie (\$8.00)** – Contains 6-7 different kinds of fruits and veggies in smaller quantities.
- **Fruit Box (\$15.00)** – Contains 6-7 different kinds of fruit.
- **Sunshine Box (\$30.00 from June 1st to October 31st and \$20 from November 1st to May 31st)** – The Local Box! All items are grown within Saskatchewan and we take pride in partnering with producers who practice sustainable agriculture. Size and contents vary with the seasons. Available all year round!

Orders and money are due in advance.

Contents change according to season, quantity, price, availability of foods, and input from the community.

Contact Us:

Katie Crawford

1120 - 20th Street West, Saskatoon, SK. S7M 0Y8

Phone: 1-306-655-4575 ext. 227

Email: goodfoodbox@chep.org

Web Site: www.chep.org

<https://www.facebook.com/groups/goodfoodboxesaskatoon/>