



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.

Basic Box (New!) \$24.00

Contains approx 10 different kinds of fruits and veggies in larger quantities, and one dry item such as pasta or soup mix

Regular Fruit and Veggie \$17.00

Contains approx. 8 different kinds of veggies, 3 different kinds of fruit, and 1 grain

Small Fruit and Veggie \$12.00

Contains approx. 6 different kinds of veggies, 2 different kinds of fruit, and 1 grain

Mini Fruit and Veggie \$8.00

Contains approx. 7 different kinds of fruits and veggies in smaller quantities

Fruit Bag \$15.00

Contains approx. 7 different kinds of fruit

Snack Pack \$10.00

A bag full of ready-to-eat single servings of fruits, veggies and a seed mixture!

Sunshine Box \$30.00

(Runs from August to November) All items are locally grown in Saskatchewan. Within every box is a list of where each item came from and how it was grown.

Orders and money are due in advance. The food comes in a returnable plastic container. Contents change according to season, quality, price, availability of foods, and input from the community.

Many thanks to those who Support the Good Food Box

United Way of Saskatoon
Saskatoon Indian and Métis Friendship Centre
Robertson Stromberg Pederson Law Firm
Radius Community Centre
Way to Work
Local Producers
Packing Day Volunteers
Budget Self-Storage
Core Neighbourhood Youth Co-op
Volunteer Coordinators



Contact Information

Room 211
230 Avenue R South
Saskatoon, Saskatchewan
S7M 0Z9
Phone: 655-5619
Fax: 655-5512
Email: goodfoodbox@chep.org
Web site: www.chep.org



Improving access to great food



Encouraging healthy eating choices



Building community



Providing nutrition information



Supporting local farmers and advocating for a sustainable food system

How Does This Program Work?



- Contact the office to find out where your closest neighbourhood coordinator is.
- On pre-determined days (every second Monday), contact your neighbourhood coordinator and order the type(s) of box (es) you want. Pay the coordinator for your box(es).
- Nine days later (Wednesdays), 40-50 volunteers come together and help pack beautiful fruit and vegetable boxes. In the afternoon, your order is delivered to your neighbourhood coordinator.
- You pick up your fresh fruit and veggie box from your neighbourhood coordinator!

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 local farmers, get to know their community, get cheaper and better quality produce, and enjoy a nice variety of fresh fruits and vegetables.



What are people saying about the Good Food Box?

"I really enjoy the variety. It's a wonderful surprise every time I open the box. It's never the same and always interesting."

"I like knowing that both local producers and my family are getting a fair deal."

"There are lots of items in the box that I wouldn't think to buy. The recipes are good and I try at least one from every newsletter."

What Is **chep** ?
good food inc.

CHEP is a non-profit Saskatoon organization that works with children, families and communities to improve access to good food and promote food security.

"I want to do more" Volunteer Opportunities

The Good Food Box is always looking for volunteers.

- Come help pack Good Food Boxes on a packing day. Spend the morning getting to know others who care about good food. A beautiful homemade lunch is provided.
- Become a neighbourhood coordinator and start up a drop off point at your place of work, local school, church, or home.