

# The Good Food Box

Is an alternative, community based, food distribution system that provides a variety of quality food at an affordable price for families and individuals.

- 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
- Large Fruit**      **\$20.00**  
Contains approx. 7 different kinds of fruit
- Small Fruit**      **\$12.00**  
Contains approx. 7 different kinds of fruit
- Sunshine Box**      **\$30.00**  
Contains approx. 12 items of locally grown produce

Orders and money is 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  
Omega Project  
Local Farmers  
Packing Day Volunteers  
Budget Self-Storage  
City Park Collegiate  
Volunteer Coordinators



## Contact Information

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# Chep's



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), call your neighbourhood coordinator and order the type(s) of box (es) you want. We usually like the money in advance.
- Nine days later (Wednesdays), 40-50 volunteers come together and help pack beautiful fruit and vegetable boxes. In the afternoon, your box (es) 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."*

## Who Is Chep?

CHEP is a non-profit Saskatoon organization that works with communities to improve access to nutritious food.

CHEP's vision is of a community where nutritious food is always available for everyone no matter what their circumstances; where there is care for the environment, support for farmers, access to local food production, and knowledge about making healthy food choices.

## "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.