

The Good Food Box



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The Good Food Box is a fresh food distribution program that aims to increase access to healthy affordable food. The program aids in the reduction of food insecurity in order to build healthy communities.

The Good Food Box Program provides a box of fresh fruits and vegetables at a lower cost to access fresh food locally.

- Boxes purchased in advance: \$20 for a box - **CASH ONLY**
- Boxes are **ordered and paid for by the second THURSDAY of each month**
- *Pick up **second last THURSDAY of the Month:***

What are the Benefits?

- The box is conveniently available for pick up in your community
- Adds a variety of fresh and nutritious foods to your diet
- Is cost effective

What comes in a Good Food Box?

- Every month, the boxes are filled with an assortment of fresh produce with 9-10 items. The contents is based on what is available as well as what produce is in season.
- The boxes may include staple items such as potatoes, onions and carrots.
- In addition the box may include: apples, bananas, lettuce, oranges, tomatoes, mushrooms, celery, peppers, pears, garlic, cucumber, beets or squash.
- Enjoy a new recipe and tips each month that accompany the Newsletter.

This program is administered by the Brass Bell Family resource Centre in partnership with Saunders Foodland.
Funding for the program is provided through the Community Social Reinvestment Program administered by the Thunder Bay District Social Services Administration Board.

