

GOOD FOOD BOX 2018

The Good Food Box Mission

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.



This is what an average large box would include, depending on the season.

Box Options

Small Box: \$25, 20-25lbs* of fruits and vegetables

Medium Box: \$30, 30-35lbs* of fruits and vegetables

Large Box: \$35, 40-45lbs* of fruits and vegetables

ORDER DATE	DELIVERY DATE
January 23 by NOON	February 2 between 3-8 pm
February 20 by NOON	March 2 between 3-8 pm
March 13 by NOON	March 23 between 3-8 pm
April 17 by NOON	April 27 between 3-8 pm
May 22 by NOON	June 1 between 3-8 pm
June 12 by NOON	June 22 between 3-8 pm
September 11 by NOON	September 21 between 3-8 pm
October 9 by NOON	October 19 between 3-8 pm
October 30 by NOON	November 9 between 3-8 pm
November 27 by NOON	December 7 between 3-8 pm

*Weights are approximate and depend on produce size and density.

How Does the GFB Operate?

The GFB operates by buying fresh top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at our warehouse. Our volunteers then divide up the produce into portions and put the Good Food Boxes together. The boxes contain the maximum produce possible in them for the price.

How the Good Food Box Works

The boxes are delivered once a month to various depots around the city. A depot could be any place where 5 or more boxes are ordered, examples of current depots are churches, community centers, senior centers, apartment complexes etc. When a member of the community wishes to order a GFB they are matched with the closest depot to them by calling into our office. They are then given the contact details of the depot and are responsible for contacting the depot, placing their order and payment as well as pick-up of the GFB on delivery date. Customers pay \$25, \$30, \$35 for their box, depending on the version that they choose. Each box contains the same mixture of food, though the contents change with each delivery.

TO ORDER: CASH ONLY at the front desk of McKenzie Towne Hall. We will issue a receipt with your pick-up date.

Please check our website for updates: <http://mtcouncil.com/gfb> or phone 403-781-6612 ext 0 for more information.