

## Sample Contents & Cost

### **Fruit Only Box ..... \$12.00**

- has approx. 6-7 different types of fruit
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### **Small Fruit & Veggie Box ..... \$12.00**

- contains approx. 7-10 different types of fruit and veggies
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### **Large Fruit & Veggie Box .... \$17.00**

- contains approx. 8-12 different types of fruit and veggies
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### **Large Plus Fruit & Veggie Box (includes grain products)..... \$25.00**

- contains 2 types of grain products as well as approx. 8-12 different types of fruit and veggies
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Order Days	Delivery Days
March 20, 2016	April 7, 2016
April 20, 2016	May 5, 2016
May 20, 2016	June 2, 2016
June 20, 2016	July 7, 2016
No August Packing Day	No August Packing Day
August 20, 2016	September 1, 2016
September 20, 2016	October 6, 2016
October 20, 2016	November 3, 2016
November 20, 2016	December 1, 2016
December 16, 2016	January 12, 2017
January 20, 2017	February 2, 2017
February 20, 2017	March 2, 2017
March 20, 2017	April 6, 2017
April 20, 2017	May 4, 2017

For more information or to register for The Good Food Box please call the Coordinator nearest you:

Kinistin F.N. Health Centre – 306-878-8181

Melfort - Plus Industries – 306-752-9329 and

Melfort (Chair) – Dianne Dodd – 306-752-6330

Naicam – Evelyn &/or Jake Warkentine

- 306-874-2863

Pleasantdale – Karla Williams – 306-874-2369

Red Earth F. N. Health Centre – 306-768-3617

St. Brieux - Vivianne Folden – 306-275-2267

Tisdale – Anne Glenn - 306-873-2299

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# The Good Food Box

NUTRITIOUS CONVENIENT FRESH ECONOMICAL

## North East Saskatchewan

Brochure dated: March 14, 2016



## Saving You Money on Fresh Fruits, Whole Grains and Vegetables

*A regional program administered by the Tisdale & Area Community Action Co-operative Ltd with funding provided through a grant from the Ministry of Education.*

## A Box Brimming with Fresh Vegetables and Fruits...

The Good Food Box is a buying group that makes it easier and more affordable for consumers to purchase fresh vegetables, fruits and whole grain products.

### How does it work?

On a monthly basis, members place their order and make their payment so the coordinator knows exactly how much food to purchase. On the scheduled packing day, members then pick up their Good Food Box from a designated location.

### Can anyone purchase a Good Food Box?

Yes! Participation in the Good Food Box group is open to everyone.

A regular newsletter containing nutrition information, cooking tips and recipes is included in each box.



*Fresh fruits and vegetables contain fibre and over 100,000 protective compounds not found in vitamin pills and supplements.*



### How do I save money?

You can save approx. 20% off retail prices by purchasing the Good Food box. The percentage of saving will vary slightly according to seasonal price fluctuations. Some of the reasons you save money are:

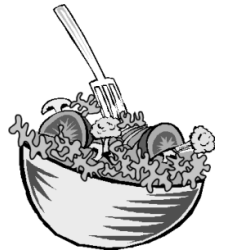
- The pre-order system allows us to know exactly how much to order, lessening the food waste;
- Purchasing in bulk increases the group's buying power with the suppliers, bringing the cost of food down;
- Purchasing locally grown crops reduces transportation costs.
- And lastly, help from members and volunteers minimizes the paid labour required to operate and sustain the group.

## Can I choose the contents of my Good Food Box?

No, one of the best parts of the Good Food Box is having someone else do the shopping for you! Also, many people have reported that receiving an unfamiliar food once in a while is a great way to encourage their families to try new foods at an affordable price.

### What if I'm not satisfied with the Good Food Box?

All produce is inspected prior to being packed in the boxes. Should you receive an item that is damaged or spoiled, we would be happy to replace it, or offer you a discount on your next order.



### How do I get involved?

The Good Food Box is member driven - new members pay a one-time membership fee of \$7.50. This fee entitles members to place orders for Good Food Boxes anywhere in the region, and helps to cover incidental costs beyond the produce.