

## More about FoodShare

FoodShare is a Toronto non-profit community organization whose vision is Good Healthy Food for All. Founded 26 years ago to address hunger in our communities, FoodShare takes a unique multifaceted and long-term approach to hunger and food issues. We work to empower individuals, families and communities through food-based initiatives, while advocating for the broader public policies needed to ensure that everyone has adequate access to sustainably produced, good healthy food.

Working “from field to table,” we focus on the entire system that puts food on our tables: from the growing, processing and distribution of food to its purchasing, cooking and consumption. Our programs, which reach over 145,000 children and adults per month in Toronto, include Student Nutrition, Field to Table Schools, The Good Food Café, Focus on Food youth internships, the Good Food Box, Good Food Markets, Fresh Produce for Schools and Community Groups, Baby and Toddler Nutrition, Community Kitchens, Field to Table Catering, the FoodLink Hotline, Power Soups, Community Gardening, Composting, Beekeeping and Urban Agriculture.

FoodShare Toronto is Canada’s largest community food security organization, recognized as an important innovator of effective programs that have been reproduced all across Canada. FoodShare’s community development partnership model means that our work is leveraged exponentially, garnering effects that grow within communities, and reach far beyond Toronto and even Canada.

## FoodShare’s Good Food Programs

FoodShare’s Good Food Programs, which include the Good Food Box, Good Food Markets, and Bulk Produce Program for Schools and Community Agencies, are subsidized fresh produce distribution programs. FoodShare’s distribution of fresh produce started 15 years ago as a way to create linkages between field and table. The goal was to increase the income of farmers, at the same time making affordable produce more accessible to Toronto communities and, particularly prioritizing low income people.

FoodShare’s Good Food Programs distribute about 2 million dollars worth of fresh produce annually, purchasing this produce directly from at least 25 family farmers, and supporting many more farms through purchases made through wholesalers at the Ontario Food Terminal.

## Want to see the Good Food Team in Action?

Please visit us at  
90 Croatia Street, Toronto, ON M6H 1K9  
to see all of our programs in action!  
Call 416.363.6441 ext 272  
to arrange your tour.



### FoodShare Toronto

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United Way  
Toronto

# FoodShare



# GOOD FOOD BOX



**Fresh  
Produce  
Delivered  
to Your  
Community**

**416.363.6441 ext 234**

## About the Good Food Box Program

The Good Food Box is a project of FoodShare Toronto, a Toronto non-profit organization whose mission is to work with communities to improve access to affordable and healthy food. Working “from field to table,” FoodShare runs many programs that focus on the entire system that puts food on our tables: from the growing, processing and distribution of food to its purchasing, cooking and consumption.

FoodShare purchases only the highest quality produce for our Good Food Boxes - prioritizing purchasing from local farmers - and delivers the produce to a stop in your neighbourhood.

The boxes are brimming with fresh produce, carefully selected by FoodShare to ensure freshness, affordability, and variety. We consider everything from what’s in season, what’s at its peak and what’s available at a fair price, to keeping the boxes full and nutritious and appealing to our diverse customers. We always include a recipe or two to help you use what you get. Sometimes we have trouble fitting all that beautiful produce in there!

## Can anyone participate?

FoodShare’s vision is Good Healthy Food for All. Although FoodShare’s priority is to reach communities with barriers to accessing fresh and affordable produce, we welcome customers from all over Toronto to join in. Participation in our programs has been shown to increase the consumption of fruits and vegetables while supporting local farmers and building community. It’s a win-win situation for everyone.

## How do I order a box?

Simply call us and we will put you in touch with the person who coordinates a drop off that is closest to your neighbourhood or office. You decide which box you would like and pay for it in advance. On delivery day you just pick it up and enjoy. You can also become a volunteer coordinator by starting a drop-off stop at your apartment building, church, community centre, daycare, etc. If you order 10 or more boxes at your stop, you get a free box just for helping us out!



## Good Food Box choices

### The Good Food Box

A fresh box of fruits and vegetables bursting with colour, emphasizing seasonal produce.

The Good Food Box is our most popular box by far.

- **Large Good Food Box \$18** (*a big box of goodness*)
- **Small Good Food Box \$13** (*a little less of everything*)

### The Wellness Box

A beautiful selection of portioned fresh fruits and vegetables, some already cut-up and ready to enjoy. A wonderful choice for seniors and busy households.

- **Wellness Box \$13**

### The Organic Box

A box brimming with delicious sustainably grown produce with an emphasis on supporting local farmers.

- **Large Organic Box \$34** (*a big box of goodness*)
- **Small Organic Box \$24** (*a little less of everything*)

### The Fruit Box

A nice selection of fresh fruit bursting with flavour and nutrition.

- **Regular Fruit Box \$13**

**Note:** The contents of our boxes are always changing. If you would like a better idea of what a box may contain please visit us at [www.foodshare.net](http://www.foodshare.net)

### What if I'm not satisfied?

If you have a concern about the quality of an item in your box, call us and we are happy to credit your next order.

## Why order a Good Food Box?

### You save money on fresh produce

You save money in a couple of ways. The Good Food Program acts like a large buying club so we can purchase large quantities of produce from farmers and the Ontario Food Terminal at affordable rates. We are able to do this because all of our boxes are pre-ordered and each type of box contains the same contents.

Our volunteers are also an important ingredient in saving you money. Over 15 volunteers come to FoodShare’s warehouse every week to pack up to 1500 boxes.

FoodShare also subsidizes the cost of the staff, warehouse rent, and delivery costs by accepting generous donations and grants from the public, governments, and foundations. The value of the \$18 box at a regular supermarket often ranges between \$25 and \$27, depending on the store and the time of year.

### You support local family farms

We believe that to create a sustainable and affordable food system we need to invest in our local farmers. A healthy farm economy helps to boost the urban economy and helps ensure we have access to affordable, local produce. By building relationships with local farmers we keep box prices low while paying hardworking farmers a fair price.



Fresh Produce  
delivered to your community  
**416.363.6441 ext 234**