

Benefits!

"Canadians of all income levels can now afford to eat better!"

- Support local Ontario farmers.
- Healthy eating helps prevent disease and lowers health care costs.
- Affordable, high quality food.
- Reduce plastic bags.
- Eat more fruits and veggies!
- No genetically-modified food (GMO); fewer pesticides.
- Receive FREE easy recipes + other food information twice monthly.
- Improve cooking skills at FoodShare workshops.
- Attend FREE food events.
- Help build community networks.

What if I am not satisfied with the Good Food Box?

Phone us if you receive an item that is damaged or spoiled. We are happy to replace it or refund your money. Try it out once, then order as often as you like.

Food Share

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**Working with communities
to improve access to
Affordable, Nutritious Food.**

**Focus on Food Skills Training Program
Just Grow It Youth Gardening Program**

**Baby Nutrition
FoodLink Hotline
Community Kitchens
Community Gardens
Education and Advocacy**



Field to Table



**Non-Profit Food Distribution
(416) 363-6441 ext. 27**

- ✓ **Convenient!**
- ✓ **Fresh!**
- ✓ **Nutritious!**

Food  Share

Field to Table

Field to Table is a non-profit food distributor "working with communities to create access to fresh, affordable, nutritious food." A project of FoodShare Metro Toronto, Field to Table offers various food programs to help support community development. One program is the Good Food Box, which has many versions below to suit your needs:

1. Good Food Box.....\$17

- ✓ Family-sized selection of affordable fresh fruit and vegetables.

2. Small Box.....\$12

- ✓ For couples, small families, and singles.

3. Fruit Basket.....\$12

- ✓ Just fruit. An interesting mix of fresh fruit, it usually carries what is in season or at its best.

4. Organic Box.....\$24

- ✓ Mostly locally grown, certified organic produce. Very seasonal with lots of root vegetables in the winter. Larger version available for \$34.

5. Reach for 5.....\$12

- ✓ Just the right amounts of pre-cut, pre-washed servings of fresh fruits and vegetables. Easy and convenient, this box is popular with singles, seniors, and students



The Good Food Box

- ✦ A brimming box of fresh fruit and vegetables delivered to your neighbourhood.
- ✦ Field to Table is Toronto's largest buying club.
- ✦ Food is distributed through a network of volunteer-run community drop-offs of ten (10) or more people.
- ✦ Great way to stretch your food budget and ensure fresh produce in your home all year long.
- ✦ Supports our Ontario farmers and helps raise environmental standards.
- ✦ Chance to learn more about food and gardening, plus meet your neighbours and get familiar with your community!
- ✦ You also receive FoodShare's news-packed newsletter.

How Does It Work?

- Field to Table buys directly from farmers and from the Ontario Food Terminal.
- We select only top quality fruit and vegetables.
- Volunteers help us pack the produce into boxes at our warehouse.
- Our drivers then deliver the boxes to approx. 200 drop-offs around Metro Toronto.

What's in The Good Food Box

- In each delivery the selection of fruit and vegetables changes.
- Basic items, such as *potatoes, carrots, onions, apples, oranges* and *bananas* are included most of the time.
- Each variety of box has roughly the same foods. This may vary more with organic and non-organic boxes.
- Each box comes with a newsletter offering food preparation tips and easy recipes for featured items, as well as updates on FoodShare activities, nutritional information, and other news about Canadian food issues.

How much money can I save?

The value of the box at a regular supermarket could be up to \$25—nearly double—depending on the store and time of year.

Volunteering

- ◆ Volunteers who come to the warehouse to pack boxes are key to sustaining the Field to Table program, as are the volunteers who act as coordinators in their local neighbourhoods.
- ◆ Warehouse volunteers receive a big box of fruit and vegetables (value \$15) and a nutritious homemade lunch.