



The Good Food Box

-Non-Profit Farm Fresh Produce-

Nutripak **\$10.00**

Farm fresh fruit and vegetables perfect for a single, student or senior couple.

Medium **\$12.50**

A larger box of produce designed for couples or single parents with 1 or 2 small children.

Large **\$16.50**

The family size box, suitable for three to five family members.

Fruit Medley **\$12.50**

A special box for fruit lovers, including an assortment of seasonal favourites.

Add-On Pantry Pack **\$8.50**

Add fresh baked bread, eggs, margarine, rice, pasta and other wholesome foods to your fruit and veggie order.

Add-On Bunch **\$5.25**

Need to add extra fruit or veggies to your Good Food Box? Grab a bunch!

Because of market fluctuations, all prices are subject to change without notice.



Save money and stay informed!

Every Good Food Box order includes food preparation tips, recipes, and other helpful information.

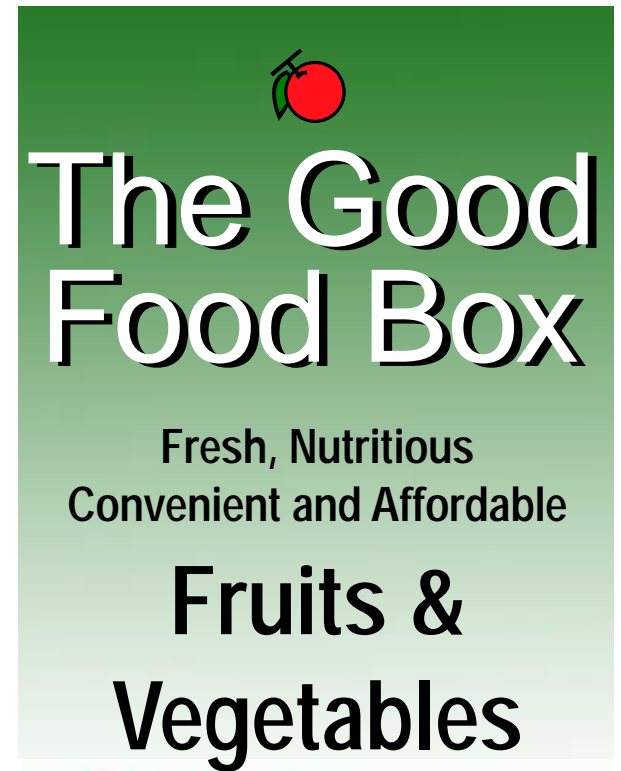
Other Regina Food Security Project initiatives include:

- Convenience Meals
- Family Basket
- Seniors 'R' Mobile Store
- Community 'R' Mobile Store
- R Healthy Food Store
- Bulk Food Buying Coop
- What's Cooking
- Kids Cooking
- Community Kitchens
- Nutrition Resource Centre

For further information, contact:

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Design by Sutberry



FOR REGINA'S FRESHEST AND MOST AFFORDABLE PRODUCE

Phone 347-3224



What is the Good Food Box?

- ✓ The Good Food Box is a fresh and nutritious box of fruits and vegetables delivered right to your neighbourhood every two weeks. It's just like having a fresh fruit and vegetable stand right on your corner.

How does it work?

- ✓ Each neighbourhood drop-off site has a volunteer coordinator who collects an advanced payment for the box.
- ✓ We select only top-quality produce to be included in the box, considering freshness, variety, nutrition and ensuring the best food dollar value for our customers.
- ✓ The produce is delivered farm fresh to our warehouse and volunteers help us to pack it the same morning that it is received.
- ✓ Our drivers then immediately deliver the boxes to a network of volunteer-run community drop-off depots.
- ✓ The volunteer coordinator takes delivery of the box, ready for you to pick it up, and holds the recyclable boxes for our later collection.
- ✓ Two weeks later, we do it all again.

What is in the box?

- ✓ The selection of fruits and vegetables changes with every delivery based upon a number of important considerations including what produce is in season. Basic items such as potatoes, carrots, onions, apples, citrus fruits and bananas are usually included in every box. A wide variety of other items such as cherries, melons, strawberries, peaches and corn-on-the-cob are included when in season. We choose only the *best* quality produce and we will not include an item if it is not fresh or a good food value for our customers.

Can I select what is in my box?

- ✓ No. Everyone gets the same carefully chosen fruits and vegetables. Although we do periodic surveys to check our customers preferences, there may be some fruits and vegetables that you, or your family, don't care for. If there is an item in the box that isn't a personal favourite, you may be able to make a trade with someone else at your neighbourhood drop-off site.

How much money can I save?

- ✓ We are charging a *not-for-profit* price, which will save you an average of 1/3 to 1/2 of the cost of purchasing similar produce at a regular retail food outlet or grocery store.



Can anyone participate?



- ✓ Absolutely. The Good Food Box is available to any Regina resident who is interested in increasing their consumption of fresh and nutritious fruits and vegetables through a convenient distribution system, at a very affordable cost.

Do I have to commit?

- ✓ No. Try a box and see if it is right for your family. Order another box when you are ready by contacting your Good Food Box depot coordinator.

Why fruits and vegetables?

- ✓ Fruits and vegetables are one of the most important components of our diet. They contain essential vitamins, minerals and over 100,000 other protective compounds, including: vitamins A, C and E, iron, calcium, magnesium, potassium and fibre. These nutrients are essential to maintaining good health.
- ✓ In today's fast-paced world of conflicting family schedules, fast food restaurants and processed foods, eating Health Canada's recommended 5 to 10 servings of fruits and vegetables every day is more important than ever before.
- ✓ They taste good and are the perfect fast food. Eaten raw or cooked, they are also one of the most versatile foods with 100's of recipes and preparation styles.