

The Good Food Box

is an alternative, community based, food distribution system that provides a variety of quality food at an affordable price for families and individuals.

Regular Fruit and Veggie \$17.00

Contains approx. 8 different kinds of veggies, 3 different kinds of fruit, and 1 grain

Small Fruit and Veggie \$12.00

Contains approx. 6 different kinds of veggies, 2 different kinds of fruit, and 1 grain

Mini Fruit and Veggie \$8.00

Contains approx. 7 different types of fruit and veggies in smaller quantities

Large Fruit \$20.00

Contains approx. 7 different kinds of fruit

Small Fruit \$12.00

Contains approx. 7 different kinds of fruit

Organic & Pesticide Free Box \$30.00

Contains approx. 12 different kinds of local pesticide-free and certified organic fruit and vegetables

Orders and money is due in advance.

The food comes in a returnable plastic container. Contents change according to season, quality, price, availability of foods, and input from the community.

Many thanks to those who
Support the Good Food Box
Mount Royal Mennonite Church
United Way of Saskatoon
Robertson Stromberg Pederson Law Firm

Mount Royal Collegiate
Radius Community Centre
Way to Work
Omega Project
Local Farmers
Packing Day Volunteers
Budget Self-Storage
City Park Community Garden
City Park Collegiate
Volunteer Coordinators



Contact Information

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Chep's



Improving access to great food



Encouraging healthy eating choices



Building community



Providing nutrition information



Supporting local farmers and advocating for a sustainable food system

How Does This Program Work?



- Contact the office to find out where your closest neighbourhood coordinator is.
- On pre-determined days (every second Monday), call your neighbourhood coordinator and order the type(s) of box(es) you want. We usually like the money in advance.
- Nine days later (Wednesdays), 40-50 volunteers come together and help pack beautiful fruit and vegetable boxes. In the afternoon, your box(es) are delivered to your neighbourhood coordinator.
- You pick up your fresh fruit and veggie box from your neighbourhood coordinator!

Who Can Participate in the Good Food Box?

The great thing about Chep's Good Food Box is that it is for **EVERYONE** who wants to support local farmers, get to know their community, get cheaper and better quality produce, and enjoy a nice variety of fresh fruits and vegetables.



What are people saying about the Good Food Box?

"I really enjoy the variety. It's a wonderful surprise every time I open the box. It's never the same and always interesting."

"I like knowing that both local producers and my family are getting a fair deal."

"There are lots of items in the box that I wouldn't think to buy. The recipes are good and I try at least one from every newsletter."

Who Is Chep?

CHEP is a non-profit Saskatoon organization that works with communities to improve access to nutritious food.

CHEP's vision is of a community where nutritious food is always available for everyone no matter what their circumstances; where there is care for the environment, support for farmers, access to local food production, and knowledge about making healthy food choices.

"I want to do more" Volunteer Opportunities

The Good Food Box is always looking for volunteers.

- Come help pack Good Food Boxes on a packing day. Spend the morning getting to know others who care about good food. A beautiful homemade lunch is provided.
- Become a neighbourhood coordinator and start up a drop off point at your place of work, local school, church, or home.