

What is the **Good Food Box** program...

The Good Food Box Program (GFB) is a program under **The Community Kitchen** Program of Calgary, whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

The *Good Food Box* program offers a hands-up approach, opposed to a hands-out. We offer all Calgarians and those in the surrounding areas, access to sustainable nutritious boxes of fruits & vegetables, to ensure that no one has to go hungry. The boxes are assembled by dedicated volunteers, who along with *The Community Kitchen*, desire to see individuals and families accessing nutritious fruits and vegetables at an affordable price.

BOX OPTIONS

- **Small Box**
 - \$25
 - 15-20lbs* of fruits & vegetables
- **Medium Box**
 - \$30
 - 25-30lbs* of fruits & vegetables
- **Large Box**
 - \$35
 - 35-40lbs* of fruits & vegetables

Each *Good Food Box* contains a combination of fruits & vegetables. The content varies weekly due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price.

****Please note** weights are approximate and a \$3 handling fee will be added to each box to help cover the costs of operating the program**

Blaga Goertzen will be running the program through the **Good Food Box Facebook Group...**

Use this link to join: <https://www.facebook.com/groups/goodfoodboxcarstairs>

FaceBook Group for *Good Food Box*

- If anyone is interested in receiving a fresh & affordable box of produce once a month, they **will need to be part of this FaceBook group to participate.**
- The FaceBook Group is where Blaga will be taking orders, sending reminders & sharing some great wellness tips, tricks, strategies & recipes.
- Blaga's goal is to make it fun & a great space for our community to connect!
- Everything you need to know about the Good Food Box will be hosted in this group!

To start the process...

- An online **application form** needs to be completed - access here - [APPLICATION](#)
- Your first *Good Food Box* will need to be **pre-paid** by May 8, 2023 by 7:00pm for May 17 pick up
- The **pick-up depot** is at *The Rock Community Church* - 215 - 10 Avenue, Carstairs
- Visit the main entrance of the church between **3:00-6:30pm** on Wednesday, **May 17, 2023**
- Will continue as a **monthly service** for as long as the participant wants, no required subscription
- Participants can **cancel** service anytime.
- **Contact** Blaga directly at goodfoodboxcarstairs@gmail.com