

WHY ORDER A GOOD FOOD BOX?

You will save money

Good Food Box is similar to a large bulk buying club. We purchase large quantities of produce from local farmers who offer us competitive pricing. Our boxes are packed by volunteers, decreasing our labour cost which allows us to pass along these savings to you. Our boxes cost significantly less than the cost of purchasing the same quality produce at a grocery store.

You will be supporting local farmers

Good Food Box prioritizes ordering produce from local hardworking farmers. This choice keeps funds in the local economy and allows us to try and reduce the kilometers food has travelled to get to your plate.

You will eat more veggies and fruits

Getting a Good Food Box every other week will ensure you and your family will always have tasty, nutritious produce on hand and each box comes with great recipes to inspire you in the kitchen!



Fernwood NRG

GOOD FOOD BOX



Fernwood NRG

Fernwood Neighbourhood Resource Group
1240 Gladstone Victoria, BC V8T 1G6
Telephone 250.381.1552 Fax 250.381.1509
Email: info@fernwoodnrg.ca

www.fernwoodnrg.ca

Your Neighbourhood Resource Group 

**Affordable, nutritious, delicious
produce delivered to your
neighbourhood or home**

**250-381-1552
EXT 100**

ABOUT GOOD FOOD BOX

Good Food Box is a project of Fernwood Neighbourhood Resource Group (Fernwood NRG), a non-profit organization based in Fernwood, Victoria. Fernwood NRG is committed to creating a socially, environmentally and economically sustainable neighbourhood.

Good Food Box is an alternative food distribution system for sustainably grown fruits and vegetables. We purchase the highest quality produce and ensure variety, freshness and affordability. We prioritize locally grown produce with a focus on seasonal fruits and veggies.

WHO CAN PARTICIPATE?

Anyone can participate. We welcome box orders from anyone who wants to support the program—in fact, we are stronger and more sustainable the larger our customer base.

Affordable, nutritious, delicious produce delivered to your neighbourhood or home

250-381-1552 EXT 100

BOXES TO CHOOSE FROM

Small Box \$6.00
5-6 items – veggies & fruit

Medium Box \$12.00
8-10 items – veggies & fruit

Large Box \$18.00
9-12 items – veggies & fruit

Snacking Box \$10.00
5-7 items – fruit & veggies – all edible raw

Fruit Box \$15.00
5-8 items – all fruit

Organic Box \$18.00
8-12 items – all organic

Home Delivery *add \$3*
Available in Esquimalt & Victoria only



HOW DO I ORDER A BOX?

There are 3 ways to order:

- 1) By phone at 250-381-1552 ext.100
- 2) Online at thegoodfoodbox.ca
- 3) Directly through a distribution agency (i.e. Fernwood Community Centre, 1240 Gladstone Avenue)

For a current list of our partner distribution agencies throughout the CRD check fernwoodnrg.ca.

Orders and payment are due one week prior to each pick up date. You get to choose where you would like to pick up your box when you order.

If you like, we can deliver right to your doorstep for only \$3 extra.

2013 SCHEDULE

Order deadline: Pick up day:

January					February					March										
S	M	T	W	T	F	S	M	T	W	T	F	S	M	T	W	T	F	S		
		1	2	3	4	5					1	2						1	2	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30
April					May					June										
S	M	T	W	T	F	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
July					August					September										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					
October					November					December										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
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20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				