

Simcoe County Good Food Box

What is the Good Food Box?

It is like a buying club of fresh fruits and vegetables, by and for Simcoe County residents.

Who can participate?

Everyone who is interested in getting good food for good value!

How does it work?

You pay for the food at the beginning of the month and the produce is picked up near the end of the month. Volunteers sort and pack the boxes for distribution.

What is the cost?

\$9.00 for a small box and **\$13.00** for a large box

What is the benefit?

- Eating more fruits and vegetables improves your health
- Fresh fruits and vegetables at *wholesale* prices
- A newsletter with recipes in each box

Our Goal

To make fresh, high quality fruits and vegetables available to everyone in Simcoe County.

What's in a Good Food Box?

1. The basics each month:
Potatoes Onions Carrots
2. A variety of fresh fruits and vegetables which *could* include:
lettuce, tomatoes, green peppers, celery, cabbage, bananas, oranges, apples
3. Seasonal fruits and vegetables depending on availability and value.



How to Contact your Local Good Food Box

Barrie Good Food Box

c/o Barrie Community Health Centre
56 Bayfield Street
Barrie, ON L4M 3A5
705-725-7697 ext. 265 (messages only)

Orillia & Area Good Food Box

c/o St. Vincent de Paul
115 West Street North
Orillia, ON L3V 5C4
705-326-2849 ext. 32 (St. Vincent de Paul)
705-325-3883 (Information Orillia)

Georgian Good Food Box

Ivan Collins, Program Coordinator
Georgian Good Food Box
275 First Street, Unit 9
Collingwood, ON L9Y 4E8
(705) 444-0040 extension 224
georgiangoodfoodbox@hotmail.com
www.ggfb.org

North Simcoe Good Food Box

Michelle McIlravey, Program
Coordinator
Community Link North Simcoe
67 Fourth Street
Midland, ON L4R 3S9
housinginfo@communitylink.ca
705-528-6999

CONTACT's Good Food Box

c/o CONTACT
46 Wellington Street West, Unit #1
Alliston, ON L9R 2B8
705-434-0291

(The above are listed with Health
Connection at 1-877-721-7520 or
call 211 and at
www.211SimcoeCounty.ca)