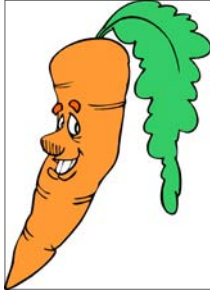


## HOW DOES IT WORK ?

We buy fresh, top-quality fruits and vegetables directly from local farmers and distributors. Locally-grown produce is purchased whenever possible.

The produce is delivered to Moisson Montréal's warehouse where volunteers pack it into reusable boxes which are then delivered to pick-up locations in your area.



A pick-up point can be established anywhere there are at least 10 clients who want to buy a box: co-ops, daycares, community centres, etc

## WHY IS IT SO ADVANTAGEOUS ?

- The pre-order system allows us to minimize waste by buying only what is ordered.
- Ordering in bulk for hundreds of boxes lowers costs.
- Volunteers coordinate pick-up points in their neighbourhoods and/or pack boxes.
- Financial contributions from individuals and foundations pay for the operational structure

## MORE INFORMATION ?

Marie-Eve Laramée  
Soutien au développement / BBBB  
514 344-4494 ext. 223  
melaramee@moissonmontreal.org



**FRESH PRODUCE DELIVERED  
TO YOUR NEIGHBOURHOOD!**



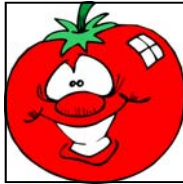
A regional program of Moisson Montréal  
6880, chemin de la Côte-de-Liesse  
Montréal (QC) H4T 2A1  
bbb-gfb@moissonmontreal.org  
www.moissonmontreal.org  
514 344-4494

## WHAT IS THE GOOD FOOD BOX ?

The Good Food Box is a collective buying group that purchases fresh fruits and vegetables at wholesale prices. Four years after a successful launch in the NDG area, it has expanded into a regional program serving many neighbourhoods in Montreal.

### The Good Food Box program offers :

- Boxes brimming with top-quality fresh fruits and vegetables delivered to your neighbourhood twice a month
- Efficient distribution network of volunteer-run community pick-up points ;
- A way to get more for your money ;
- Support for small farmers by buying local, in-season produce ;
- A way to connect with your neighbourhood.



## WHO CAN BUY A BOX ?

**ANYONE** can purchase a box at any time in one of the participating boroughs. Buying a Good Food Box is an easy way for anyone to include more healthy and delicious fresh fruits and veggies in their diet.

## WHAT'S IN THE BOX ?

You will receive a variety of the freshest fruits and vegetables chosen according to seasonal availability, price and quality.

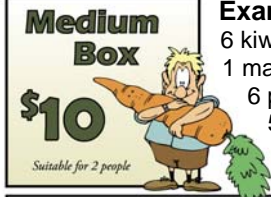
There are 3 box sizes to suit everyone from a single person to a small family and each size offers a mix of vegetables and some fruits. Everyone receives the same mix. The boxes are accompanied by a newsletter offering easy and economical preparation tips and recipes as well as nutrition information.

The following example shows what may be in a typical box



### Example small box :

4 kiwis	4 oranges	4 potatoes
5 carrots	1 lettuce	2 onions
1 bunch spinach	3 tomatoes	
1 bunch radishes	4 pears	



### Example medium box :

6 kiwis	6 oranges	6 potatoes
1 mango	1 lettuce	2 onions
6 pears	1 bunch radishes	
5 tomatoes	1 carrots bag	



### Example large box :

8 kiwis	8 oranges
8 pears	2 mangos
1 lettuce	3 onions
10 potatoes	8 tomatoes
1 carrots bag	
1 bunch radishes	
1 bunch spinach	
1 bunch green onions	

## HOW DO I ORDER A BOX ?

To order a box, or to have more information, you can reach Centre Greene at 514-931-6202 or at [info@centregreene.org](mailto:info@centregreene.org)

## WHO CAN I GET INVOLVED ?

There are many ways you can help:

- You can become a volunteer coordinator by **starting a pick-up point** in your apartment building, community centre, daycare, etc., with a minimum order of 10 boxes.
- You can also **volunteer** to pack boxes at Moisson Montreal's warehouse on a regular or occasional basis.
- Get involved locally by **promoting** the Good Food Box in your neighbourhood: distribute promotional material or help with deliveries to those with reduced mobility.
- Ask your neighbourhood community organisation for information.