

THESE HOST-SITES ARE OPEN TO THE GENERAL PUBLIC

Some Host-Sites accept cash only, while others can process debit/credit payments. Please contact the Host-Site directly for more information on their specific ordering process, acceptable forms of payment, and pick up times.

Orders can now be placed online for six of our public host-sites! Use a credit card or Paypal to pay for your box, then pick up at the host-site you selected when ordering.
Order online at: www.goodfoodboxtb.org



55+ Centre (55+)
700 River St.
Order in person at front desk
Corrine: 807-684-3276 OR
corrine.graham@thunderbay.ca
Pick up: 3:00-4:00pm

Northwestern Ontario Women's Centre (NOWC) 73 Cumberland St. N., Suite 101
807-345-7819 OR GFB@nwowc.org
Pick up: 3:30-4:30pm

Ontario Native Women's Assoc. (ONWA)
380 Ray Blvd.
807-697-1753 or vaccine@onwa.ca
Pick up: 3:30-4:30pm

Communities Together for Children (CTFC) EarlyON - 425 N. Edward St., Suite 11
(inside Northwood Plaza)
807-624-2378 OR diane_tracey@ctctbay.org
Pick up: usually 3-4:30pm; call ahead to confirm time

The Moose Hall
434 Fort William Rd.
Online orders only
Pick up: 3:30-4:30pm

NorWest Community Health Centres (NCHC)
525 Simpson St.
Order in person at front desk
807-622-8235
Pick up: 4:00-6:00pm

Brodie Library
216 Brodie St. S
Order in person at front desk
www.tbpl.ca for hours of operation
Dwayne: 807-345-8275 (select Brodie from the menu)
Pick up: 4:00-5:30pm

Mary J. L. Black
901 Edward St. S.
Order in person at front desk
www.tbpl.ca for hours of operation
Laura: 807-345-8275 (select MJLB from the menu)
Pick up: 4:00-7:30pm

Our Kids Count (OKC)
704 McKenzie OR 1315 Crawford Ave
Contact Misty to arrange payment & pick up
807-623-0292 x242 OR
enutritionwf@ourkidscount.ca



THESE HOST-SITES ARE OPEN TO RESIDENTS, MEMBERS, CLIENTS

Open to RESIDENTS living at:

Adelaide Apartments	335 Adelaide St.	Janice: 807-683-3693
Andras Court	122 Cumberland St. S	Rick: 807-709-1925
Assef Court	925 Simpson St.	Debbie: 807-626-7861
Castlegreen Co-operative	213 Castlegreen Dr.	Susan: 807-767-6214
Clarke Towers	9 Regent St.	Bonnie: 807-707-0300
Jasper Place	1200 Jasper Place	Aaron: 807-684-3021
Manion Court	130 Donald St. W.	Elaine: 807-620-0472
Metro Lions	1209 Victoria Ave. E.	Lesley: 807-285-3144
Spence Court	230 W. Amelia St.	Paula: 807-766-4621
Wardrobe Court	544 N. Court St.	Karen: 807-286-6254

Open to CLIENTS of the following clinics/agencies:

Anishnawbe Mushkiki	1260 Golf Links Rd. (3rd floor)	Natalie: 807-623-0383 x 271
Indigenous Friendship Centre	401 Cumberland St. N.	Sheena: 807-345-5840 x 9088
Matawa Health Cooperative	233 S. Court St. (1st floor)	Heather: 1-833-625-3611

Open to MEMBERS of the following First Nations:

Animbiigoo Zaagi'igan Anishinaabek (AZA) - Thunder Bay	Beverly: 807-621-0140
AZA - Beardmore, Jellico, Geraldton members	Beverly: 807-621-0140
Bingwi Neyaashi Anishinaabek	Ashley: 807-252-3519
Fort William First Nation	Julie: 807-622-8802 x 210
90 Anemki Dr.	

Open to STUDENTS of:

Lakehead University (Sep-Mar)	LUSU Food Resource Centre (UC 2014 B)	Email Sierra: frc@lusu.ca
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Open to COMMUNITY MEMBERS of:

Lappe	Contact to arrange	Sandy: 807-767-3790
Schreiber	Contact to arrange	Elna: 807-355-5792
Upsala	Upsala Home Suport	Cleo: 807-986-1843

FRESH, HEALTHY FRUITS AND VEGETABLES SHOULD BE ACCESSIBLE TO EVERYONE!



What are Good Food Coupons (GFC's)? GFC's are \$5 and \$10 coupons used to offset the cost of a Good Food Box. If you are in need of a coupon to subsidize the cost of your box, please contact the GFB office. If you would like to purchase coupons for your clients, family members, or for us to distribute as needed, please contact the GFB office to arrange.

THE LOCALLY GROWN (& MADE) FUNDRAISER BOXES: A SOCIAL ENTERPRISE



The Locally Grown (& Made) Fundraiser Boxes raise much needed funds for the GFB program. From July through December we sell fundraiser boxes of locally grown goods from area growers and producers. Your purchase covers the cost of goods, as well as a direct donation to the Thunder Bay GFB program! (Charitable receipts issued.) We also sell seasonal and specialty fundraiser boxes! If fundraiser boxes are currently on sale, you'll find them on our website under Other Boxes.



WHAT IS THE GOOD FOOD BOX?

The Thunder Bay Good Food Box (GFB) is a **non-profit, volunteer powered, community based, food security initiative administered by the Northwestern Ontario Women's Centre** since 2005. It is a fruit and vegetable distribution program that aims to improve access to good food by making quality, fresh produce available at a low cost in neighbourhood across Thunder Bay. It is intended to assist individuals with low or fixed incomes access affordable fresh produce 12 months a year. No forms or applications, just pay for your box, then pick it up!

HOW MUCH DOES IT COST AND WHAT DO YOU GET IN A BOX?

There is ONE size of box for \$22 containing 9-11 different items (e.g.: an item may be a bag of potatoes or a bag of apples, etc.). Our produce is ordered from a local grocer and may also include seasonal, locally grown fruits or vegetables. Each box is packed identically and contains a featured item and a newsletter with easy, nutritious recipes inspired by the contents of the box.



HOW DO I ORDER A GOOD FOOD BOX?

1. Find a Host-Site: A GFB Host-Site is a place you can order (pay for), and pick up your box. We have sites that are open to the public and others that are for residents, members, and clients of specific organizations or communities. Choose the Host-Site that is easiest for you to access: close to where you live, or along on your bus route home. You can also just walk-in to the front desk to order from the **open to public sites**. See map on opposite side or check out our website for locations.

2. Submit payment (\$22) to your Host-Site coordinator by the order deadline. Payment is typically due on the Monday of the week prior to pick up. You will be issued a receipt and informed of your pick up date and time. See the Calendar tab on our website for all 2024 dates.

3. Pick up your Good Food Box from your Host-Site. Pick up day is most often the **THIRD WEDNESDAY** of the month. Be sure to note the pick up time for location, or contact your Host-Site for more information. Remember to bring your own grocery bags.



WE GRATEFULLY ACKNOWLEDGE OUR PARTNERS AND SUPPORTERS



Our sincere thanks & gratitude to all of our Host-Site coordinators, the farmers who grown our good food, our Local Box customers, and our fabulous team of dedicated volunteers that power this program and make it all happen!

For the latest program updates and announcements, visit **What's New** at:

www.goodfoodboxtb.org

If you are interested in volunteering, or starting a Host-Site in your agency, neighbourhood or building, contact us!

2024 v.1



GOOD FOOD BOX

**THUNDER BAY
GOOD FOOD BOX**
Administered by the Northwestern Ontario Women's Centre since 2005

73 Cumberland St. N., Suite 101
Thunder Bay, ON P7A 4L8
Tel: 807-345-7819
Email: gfb@nwowc.org

www.goodfoodboxtb.org

GoodFoodBoxTBay
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NORTHWESTERN ONTARIO WOMEN'S CENTRE
EMPOWERING WOMEN BY PROVIDING A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THEIR NEEDS

