

ORDERING A GOOD FOOD BOX IS AS EASY as 1,2,3...

- 1. Find a Host-site:** some sites are open to the general public, some are open only to their own residents, clients, members etc. (see below, or check the GFB website for more information)
- 2. Submit payment** to your Host-Site (\$22) by the order deadline. If you are having difficulty affording the full amount contact your host-site or the GFB office to see if there are coupons available.
- 3. Pick up your Good Food Box** from your Host-site on the 3rd Wednesday of the month (pick up times vary)

August	September	October	November	December
Order Deadline: August 8, 2022	Order Deadline: Sept. 12, 2022	Order Deadline: Oct. 10, 2022	Order Deadline: Nov. 7 2022	Order Deadline: Dec. 12 2022
Pick-up Dates: August 17, 2022	Pick-up Dates: Sept. 21, 2022	Pick-up Dates: Oct. 19, 2022	Pick-up Dates: Nov. 16, 2022	Pick-up Dates: Dec. 21, 2022

THE FOLLOWING HOST-SITES ARE OPEN TO THE GENERAL PUBLIC:

Please contact the Host-Site directly for ordering and pick-up procedure.

Upsala Home Support
Cleo at: 807-986-1843
uvasa2016@gmail.com
Call for pick up time

Lappe
Sandy at: 767-3790
sstosh@tbaytel.net
Call for pick up time

Salvation Army *NEW
545 Cumberland St. N
Traci at: 345-7319 ext. 117
Traci.Lyons@salvationarmy.ca

TBay IFC
401 Cumberland St. N.
345-5840 ext. 9088
Call for pick up time

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

55+ Centre (55+) - 700 River St.
Order at front desk
684-3471 / tbiluk@thunderbay.ca
Wednesday Pick-up: 3:00-4:00pm

Kinna-aweya Legal Clinic (KALC)
86 Cumberland St. S
344-2478 / hofert@lao.on.ca
Wednesday Pick-up: 3:30-4:30 pm

The Moose Hall - 434 Fort William Rd.
345-7819 / gfb@nwowc.org
Wednesday Pick up: 3:30-4:30pm

Brodie Library - TBPL *NEW
Order in person at front desk
www.tbpl.ca for hours of operation
Robyn 684-6812
Wednesday pick up 4:00-5:30PM

Norwest Community Health Centre (NCHC) 525 Simpson St.
626-7854 mkolobutin@norwestchc.ca
Wednesday Pick-up 4:00-6:00pm

WESTFORT (WF)
Mary J L Black Library
Order in person at front desk
Richard Bee 624-4206
Wednesday P/U: 4:00-4:30PM

Communities Together for Children (CTFC) - EarlyON - Northwood
425 N. Edward St. suite #11
624-2378 or diane_tracey@ctctbay.org
Call for pick up time

Sept. start

THE FOLLOWING HOST-SITES ARE AVAILABLE TO:

- RESIDENTS living at:**
- | | | |
|--------------------------|----------------------|------------------|
| Adelaide Apartments | 335 Adelaide | Janice: 683-3693 |
| Andras Court | 122 Cumberland St. S | Adam: 766-4208 |
| Assef Court | 925 Simpson St. | Debbie: 626-7861 |
| Castlegreen Co-operative | 213 Castlegreen Dr. | Ashley: 767-6214 |
| Clarke Towers | 9 Regent St. | Bonnie: 707-0300 |
| Jasper Place | 1200 Jasper Place | Aaron: 684-3021 |
| Manion Court | 130 Donald St. W. | Elaine: 286-4949 |
| Mclvor Court | 1100 Lincoln St. | Yvette: 683-8750 |
| Patterson Court | 148 May St. N | Diane: 577-4336 |
| Wardrope Court | 544 N. Court | Karen: 286-6254 |
- CLIENTS of the following clinics/agencies:**
- | | | |
|---------------------------|-------------------------------|----------------------------|
| Anishnawbe Mushkiki | 1260 Golf Links rd. 3rd floor | 623-0383 ext. 250 |
| Matawa Health Cooperative | 233 S. Court St. 1st floor | Margaret: 346-2370 |
| Our Kids Count | 704 McKenzie St. | Jocelyn: 623-0292 ext. 227 |
- MEMBERS of the following First Nations:**
- | | | |
|--|--|-------------------------|
| Animbiigoo Zaagi'igan Anishinaabek (AZA) Thunder Bay | Beverly: 621-0140 | |
| AZA - Beardmore, Jellico, Geraldton members | Beverly: 621-0140 | |
| Fort William First Nation | 90 Anemki (FWFN Health Centre) | Julie: 622-8802 ext.210 |
| Matawa First Nation | 233 Court Street South | Michelle: 620-6233 |
| Whitesand First Nation: | helen.kwandebance@whitesandfirstnation.com / tel: 807-355-0064 | |
- STUDENTS of:**
- | | | |
|---------------------|---|---------------------------|
| Lakehead University | Order via Lusu Food resource Centre
UC 2014 B - 955 Oliver Rd. | Email Sierra: frc@lusu.ca |
|---------------------|---|---------------------------|

WHAT IS THE GOOD FOOD BOX?

The Thunder Bay Good Food Box 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 neighbourhoods across Thunder Bay. It is intended to assist individuals with low or fixed incomes access affordable fresh produce 12 months a year. No one needs to provide proof of income to sign up.

WHAT DO YOU GET IN A GOOD FOOD BOX & HOW MUCH DOES IT COST?

There is currently only ONE size of box for \$22. There are typically 9-11 different items per box (i.e. 1 item could be a bag of potatoes, a bag of apples, etc.) There is a feature items and a newsletter with easy recipes included in every box. If you are having difficulty affording the \$22 cost, contact your host-site or the GFB office to see if there are coupons available.

What are Good Food Coupons? GFC's are coupons that can be purchased by agencies or community members to be given to family, or clients to help offset the cost of a Good Food Box. They come in \$5 and \$10 denominations. Contact the GFB office to find out more.

How do I become part of the GFB volunteer team? Volunteers are the backbone of the GFB program; there are over 100 volunteers on our active roster. Contact the GFB office to find out more.

I heard the GFB sells local Fundraiser Boxes? -We Do! From July through December we sell fundraiser boxes for \$60—filled with a curated selection of locally grown goods from our favourite area growers and producers. We spend \$40 filling the boxes and \$20 of the cost is a direct donation to the Thunder Bay GFB program! - (charitable receipts issued). We sell seasonal garden and holiday fundraiser boxes as well! Contact the GFB office to find out more.

HOW DO I ORDER A GOOD FOOD BOX?

1. Find a Host-Site (see other side). Typically, when we are not living through a pandemic, there are 40+ GFB Host-Sites where you can order/pick up a box. Due to the COVID-19 pandemic, many Good Food Box Host-Sites are closed or operating differently.

2. Submit payment (\$22) to your Host-Site by the order deadline. Each site is operating differently—call your Host-Site ahead of time!

3. Pick up your Good Food Box from your Host-Site. Be sure to note if your Host-Site's pick-up date is on the Wednesday or the Thursday. (see over or contact your site for more information)

Fresh, healthy fruits and vegetables should be accessible to EVERYONE!

The Northwestern Ontario Women's Centre COVID Safe Good Food Box Operation is supported by the Government of Canada's Emergency Community Support Fund, the Thunder Bay Community Foundation and the United Way of Thunder Bay.

THE THUNDER BAY GOOD FOOD BOX IS ADMINISTERED BY:



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

WE WOULD LIKE TO GRATEFULLY ACKNOWLEDGE OUR PARTNERS AND SUPPORTERS:



Emergency Community Support Fund

Funded by Canada



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD



OUR SINCERE THANKS TO ALL OUR HOST-SITE COORDINATORS, OUR AMAZING TEAM OF DEDICATED VOLUNTEERS AND THE FARMERS WHO GROW OUR FOOD – WE ARE SO GRATEFUL!

Thunder Bay GOOD FOOD BOX

During COVID-19 Pandemic



Community Food Security in Our Hands since 2005

www.GoodFoodBoxTB.org

[GoodFoodBoxBay](https://www.instagram.com/GoodFoodBoxBay)

The **THUNDER BAY GOOD FOOD BOX** is administered by the **Northwestern Ontario Women's Centre**

73 Cumberland St. N. #101
Thunder Bay, ON P7A 4L8
Tel: (807) 345-7819
Email: GFB@nwowc.org



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