

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 GFCs (Good Food Coupons) available.*
- 3. Pick up your Good Food Box** from your Host-site on the 3rd Wednesday of the month (pick up times vary)

September	October	November	December
Order Deadline: <u>Sept. 12, 2022</u>	Order Deadline: <u>Oct. 10, 2022</u>	Order Deadline: <u>Nov. 7, 2022</u>	Order Deadline: <u>Dec. 12, 2022</u>
Pick-up Date: <u>Sept. 21, 2022</u>	Pick-up Date: <u>Oct. 19, 2022</u>	Pick-up Date: <u>Nov. 16, 2022</u>	Pick-up Date: <u>Dec. 21, 2022</u>

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

Indigenous Friendship Centre (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
Pick-up: 3:30-4:30pm

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

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

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

Brodie Library - 216 Brodie St. S *NEW
Order in person at front desk
www.tbpl.ca for hours of operation
Robyn 684-6812 / 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

Mary J L Black Library - WESTFORT (WF)
901 Edward St. South
Order in person at front desk
Richard Bee 624-4206
P/U: 4:00-7:00pm

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

For the latest Host-Site updates, check out our website at:
www.goodfoodboxtb.org

If you are interested in starting a Host-Site in your agency, neighbourhood or building, contact
GFB@nwowc.org or
tel: (807) 345-7819

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
Whitesand First Nation:	helen.kwandebance@whitesandfirstnation.com / tel: 807-355-0064	

STUDENTS of:

Lakehead University (available: Sep-Nov. & Jan-Mar.)	Order via Lusu Food resource Centre UC 2014 B - 955 Oliver Rd.	Email Sierra: frc@lusu.ca
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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:



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD



Emergency Community Support Fund



& 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



Community Food Security in Our Hands since 2005

www.GoodFoodBoxTB.org

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

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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