

January	February	March	April	May	June	July	August	September	October	November	December
<b>Order by:</b> Monday Jan.9th	<b>Order by:</b> Monday Feb.6th	<b>Order by:</b> Monday Mar.6th	<b>Order by:</b> (TUES) Apr.11th due to Easter Monday	<b>Order by:</b> Monday May 8th	<b>Order by:</b> Monday June 12th <b>Pick-up:</b> THURS. June 22 due to National Indigenous Peo- ple's Day (on 21st)	<b>Order by:</b> Monday Jul.10th	<b>Order by:</b> Monday Aug.7th	<b>Order by:</b> Monday Sep.11th	<b>Order by:</b> Monday Oct.9th	<b>Order by:</b> Monday Nov.6th	<b>Order by:</b> Monday Dec.11th
<b>Pick-up:</b> WEDNESDAY Jan.18th, 2023	<b>Pick-up:</b> WEDNESDAY Feb.15th, 2023	<b>Pick-up:</b> WEDNESDAY Mar.15th, 2023	<b>Pick-up:</b> WED. April 19th	<b>Pick-up:</b> WEDNESDAY May 17th 2023		<b>Pick-up:</b> WEDNESDAY July 19th, 2023	<b>Pick-up:</b> WEDNESDAY AUG.16th, 2023	<b>Pick-up:</b> WEDNESDAY Sept.20th, 2023	<b>Pick-up:</b> WEDNESDAY Oct.18th, 2023	<b>Pick-up:</b> WEDNESDAY Nov.15th, 2023	<b>Pick-up:</b> WEDNESDAY Dec.20th, 2023



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

Please contact the Host-Site directly for more information on their ordering 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  
Contact to arrange

**55+ Centre (55+) - 700 River St.**  
Order at front desk 684-3276  
corrine.graham@thunderbay.ca - Pickup 3:00-4:00pm

**Indigenous Friendship Centre (IFC)**  
401 Cumberland St. N. Call Sheena to arrange pay-  
ment drop off: 345-5840 ext. 9088

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

**Kinna-aweya Legal Clinic (KALC)**  
86 Cumberland St. S tel: 344-2478  
teri.hofer@kinna.clcj.ca P/U: 3:30-4:30

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

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

**Our Kids Count (OKC) -704 McKenzie OR  
1315 Crawford Ave in Westfort**  
Contact Misty to arrange payment & pick up  
623-0292 ext.242/nutritionwf@ourkidscount.ca

**Communities Together for Children  
(CTFC) - EarlyON - 425 N. Edward St.**  
suite #11 (inside Northwood Plaza)  
diane\_tracey@ctctbay.org  
Call 624-2378 for pick up time

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

**NorWest Community  
Health Centres (NCHC)**  
Walk-in 525 Simpson St.  
ajeau@norwestchc.ca  
Pick-up 4:00-6:00pm

## THE FOLLOWING HOST-SITES ARE AVAILABLE TO:

RESIDENTS living at:		
Adelaide Apartments	335 Adelaide	Janice: 683-3693
Andras Court	122 Cumberland St. S	Rick: 709-1925
Assef Court	925 Simpson St.	Debbie: 626-7861
Castlegreen Co-operative	213 Castlegreen Dr.	Susan: 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: 620-0472
Metro Lions	1209 Victoria Ave. E.	Leslie: 285-3930
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	Natalie: 623-0383 ext. 271 or Karli: 623-0383 ext. 267
Matawa Health Cooperative	233 S. Court St. 1st floor	Heather: 1-833-625-3611
MEMBERS of the following First Nations:		
Animbiigoo Zaagi'igan Anishinaabek (AZA) - Thunder Bay	Beverly: 621-0140	
AZA - Beardmore, Jellico, Geraldton members	Beverly: 621-0140	
Bingwi Neyaashi Anishinaabek	Katie: 344-3055 ext. 230	
Fort William First Nation	90 Anemki (FWFN Health Centre)	Julie: 622-8802 ext. 210
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



### 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 forms or applications, just pay for your box, then pick it up!

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

There is currently only ONE size of box that contains 9-11 different items (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.

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



**What are Good Food Coupons (GFCs)?** GFC's are coupons to offset the cost of a Good Food Box; they come in \$5 and \$10 denominations. If you are in need of a coupon to subsidize the cost of your box, please ask your Host-Site, or contact the GFB office. If you would like to purchase coupons for your clients, family members, or to be given as needed in the community, 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 for \$60—filled with a curated selection of locally grown goods from our favourite area growers and producers. We spend \$40 filling the boxes; \$20 is a direct donation to the Thunder Bay GFB program! - (charitable receipts issued). We also sell seasonal locally made fundraiser boxes as well! Check out our website for more information [www.goodfoodboxtb.org](http://www.goodfoodboxtb.org)



### 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 from. Choose the Host- site that is easiest for you to access; close to where you live, or located on your bus route home.. You can simply walk-in to the front desk to order from the 'open to the public sites' See map on opposite side (or check out our website ) for locations.

**2. Submit payment (\$22)** to your Host-Site by the order deadline. Payment is typically due the Monday of the week prior to pickup. You will be issued a receipt. See over for list of order deadlines.

**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 each location, or contact the Host-Site for more information.



THE THUNDER BAY GFB WOULD LIKE TO GRATEFULLY ACKNOWLEDGE OUR PARTNERS AND COMMUNITY SUPPORTERS:



& Our sincere thanks & gratitude to all of our Host-Site coordinators, The Farmers who grow our Food, The Local Box Supporters, And our Fabulous team of community volunteers that power the program and make it all happen!

For the latest Host-Site updates, visit: [www.goodfoodboxtb.org](http://www.goodfoodboxtb.org)  
If you are interested in volunteering, or starting a Host-Site in your agency, neighbourhood or building, or volunteering, contact the GFB office



**The THUNDER BAY GOOD FOOD BOX 2023** is administered by the Northwestern Ontario Women's Centre (since 2005)

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

[www.GoodFoodBoxTB.org](http://www.GoodFoodBoxTB.org)

