

“De-stigmatizing hunger”

REACH is a non-profit, charitable organization interested in the health and quality of life of our community. We define food security as an environment where all persons are able to obtain a safe and nutritionally adequate diet through non-emergency sources. Using a food security model (not a charitable model) we afford people a variety of options to take care of themselves rather than be “taken care of”. We provide individuals with the opportunity to be self-reliant, to enhance their health, to strengthen their families and their lives.

REACH initiatives include:

The Good Food Box

The Family Basket

Convenience Meals

Seniors R-Mobile Stores

Community R-Mobile Stores

R-Healthy Food Store

Bulk Food Buying Co-op

Community Cooking

What’s Cooking

Kids Cooking

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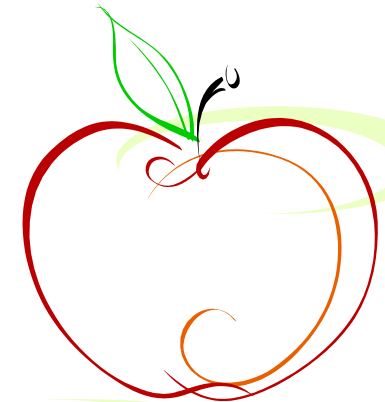
Web: www.reachinregina.ca



REACH

The Good Food Box

It's for everyone!



Fruits, Vegetables & More!

AFFORDABLE

ACCESSIBLE

AMAZING

347-3224

The Good Food Box is the next best thing to having a fruit & vegetable stand right on your corner!

This produce is as ripe and juicy as you would find at your local grocery store. It sells for a not-for-profit price, often saving you as much as 1/3 to 1/2 of your usual produce bill!



Getting a **Good Food Box** is simple:

Each neighbourhood drop-off site (depot) has a volunteer coordinator who collects advanced cash payment for the box.

The produce is brought to our warehouse where a team of dedicated volunteers help carefully sort and pack each box.

Our drivers then deliver the boxes to depots throughout the city - within hours of our having received the produce!

Then just head over to your depot, fill your bags and take your delicious produce home. Two weeks later, we do it all again!

Good Food Boxes

The following boxes come with 6 standard produce items:

Potatoes
Tomatoes
Lettuce



Apples
Oranges
Bananas

Additional contents depend on price and season.

Mini Supreme \$12.50

Contains the 6 standards and typically 1 -2 other fruits and 1-2 other veggies.

Gardeners Choice \$17.50

Contains the 6 standards and typically 2 -3 other fruits & 2-3 other veggies.

The Harvest \$21.50

Contains the 6 standards and typically 2 -4 other fruits & 2-4 other veggies.

Also available:

Fruit Deluxe \$17.50

Contains all fruit including apples, oranges, bananas and 3-5 other fruits depending on price and season.

Add-on's

With the purchase of a Good Food Box, you can also order:

Fun Fruit \$7.00



This all fruit bag will make a sweet addition to your order!

It includes apples, oranges, bananas and 2-3 other fruits that vary by week.

Very Veggie \$7.00



Add this healthy bag of veggies to your order for an even greater variety! Contents vary by week.

Pantry Pack \$8.50

Stock your cupboards with these essentials!

- Bread
- Eggs
- Pasta
- Rice
- Brown Beans
- Chicken Noodle Soup
- Contents subject to change



Breakfast Box \$8.50

Apple Juice. Orange Juice.
Cheerios. Oatmeal. Pancake Mix.

