

London Good Food Box Q&A

What is a Good Food Box?

The London Good Food Box is a neighbourhood-based food distribution system that provides a variety of vegetables and fruit (and seasonal when possible) at an affordable price. The London Good Food Box program is committed to creating socially, and economically sustainable neighbourhood.

How do I sign up for a food box?

We welcome box orders from anyone who wants to support the program and improve their budgets. Just call or visit your nearest London Good Food Box distribution site to sign up. You can order more than one food box at a time. For a list of participating distribution sites, please visit the Middlesex-London Health Unit website: <https://www.healthunit.com/london-good-food-box>

How and when can I pay for my Good Food Box?

You can pay your London Good Food Box distribution site \$10 in cash or with Harvest Bucks by the second last Tuesday of the month.

When do I pick up my Good Food Box?

Food Box orders are picked up on the last Wednesday of the month. Pick up times vary by site.

Where do I pick up my Good Food Box?

Boxes can be picked up at your Good Food Box distribution site. Before you sign up review the distributor list to determine which location is most convenient for you.

What is in a Good Food Box?

Each month, the selection of produce in the boxes changes depending on what's in season and reasonably priced. Everyone receives the same selections of produce. Below are some examples of what you might get during each season:

- Winter - apples, cabbage, carrots, beets, garlic, leeks, onions, cucumber, potatoes, squash
- Spring - asparagus, strawberries, peppers, radishes, tomatoes, potatoes, spinach
- Summer - blueberries, cherries, peaches, plums, beans, broccoli, corn, celery
- Fall - cranberries, pears, parsnip, pumpkin, squash, zucchini, leeks, cauliflower

Can I choose the contents of my Good Food Box?

In order to keep the food boxes affordable, they are filled with seasonal and/or reasonably priced produce. This means your food box will contain whatever is currently being harvested and/or whatever is most economical.

How do I get involved?

- Volunteer to sort and pack food boxes on packing day for the host site
- Volunteer to help out at a neighbourhood distribution site
- You can purchase the Good Food Box

Is produce sourced locally?

The bulk of the items in your food box are Ontario grown, however there will be a few items not grown locally.

How much money will I save?

Due to the impact of collective buying, we are able to offer the box, which is valued at \$13-\$15, for only \$10. You save \$2-\$5 each time you order a box. If you order every month, this will save you \$24-\$60 per year.

What are the benefits?

- You can spend less time at the grocery store while still accessing fresh produce
- Vegetables and fruit are sold to you at a wholesale price
- You will be supporting the local economy
- You will receive healthy recipes and healthy eating tips
- You will be able to try new vegetables and fruit
- This service makes it easier to eat your vegetables and fruit
- You will be more connected to your community

What if I am unavailable to pick up my box at the designated time(s)?

Please contact your London Good Food Box distribution site and let them know in advance that you will not be picking up your food box at the designated time. They will hold your food box for 24 hours. If not picked up within that time your Good Food Box will be donated.

What if I cancel my box after ordering it?

You can always cancel up to one week prior to the pickup date. Call or email your Good Food Box distribution site to let them know you would like to cancel your order.