



# GOOD FOOD MARKETS

Good Food Markets are community markets that sell high quality, culturally appropriate, affordable vegetables and fruits. These markets bring healthy produce to neighbourhoods where it might not otherwise be available.

Getting healthy food into neighbourhoods and communities where healthy grocery stores don't exist is the priority. But markets tend to create a certain kind of energy in a neighbourhood too. Rubbing shoulders with neighbours, trying new things, fresh air, exercise—you get a lot more from a market than food.

Good Food Markets feature seasonal, local produce plus imported favourites in order to offer the greatest quality and cultural value to the neighbourhoods they serve. Markets uniquely reflect a community and are a vibrant and important gathering place, providing opportunities for neighbours to meet, share information and celebrate. They often evolve into informal community hubs with childrens' activities, information about social issues, bake ovens and freshly prepared foods, jewellery and clothing vendors and harvest celebrations.

FoodShare currently animates 40 Good Food Markets. 79% of Good Food Market customers return for each and every market, which indicates just how vital they are to communities.

For more information, call **416-363-6441 x 223** or email **[tarar@foodshare.net](mailto:tarar@foodshare.net)**