Fresh Produce

Fresh, high-quality, diverse, affordable vegetables and fruit for communities and schools.

GOOD FOOD BOX
The Good Food Box delivers high quality, affordable, seasonal, and diverse fresh vegetables and fruit to your community. Boxes range from $13-$34 depending on the type and size you would like to order. Good Food Boxes are distributed through 200 community drop-offs throughout Toronto. The produce is purchased directly from the Ontario Food Terminal and local family farms.

MOBILE AND GOOD FOOD MARKETS
Mobile and Good Food Markets sell high quality, affordable, seasonal, and diverse fresh vegetables and fruit in communities across Toronto. Good Food Markets are community led, and some are seasonal, while others operate year round. The Mobile Good Food Market is a bus that travels to low-income communities in Toronto selling fresh produce. Both the Mobile and Good Food Markets sell produce directly from the Ontario Food Terminal and local family farms.

BULK FRESH PRODUCE FOR SCHOOLS AND COMMUNITY GROUPS
The Bulk Fresh Produce Program for Schools and Community Groups sells high quality, affordable, seasonal, and diverse fresh vegetables and fruit purchased directly from the Ontario Food Terminal and local family farms.
FoodShare’s Good Food Programs connect families and communities with fresh, affordable, high quality, culturally diverse vegetables and fruit, increasing consumption of healthy produce and improving the income of Ontario family farms. We help increase the availability of fresh vegetables and fruit in food deserts, breaking down social isolation and creating vibrant public spaces.

Programs include: Good Food Box, Mobile and Good Food Markets, Bulk Fresh Produce for Schools and Community Groups, Fort Albany Good Food Market, and Focus on Food Youth Internships.

- 765,178 lbs of affordable fresh vegetables and fruit reached 32,660 families delivered through 38,922 Good Food Boxes at 220 Community drop-offs.
- 359,000 lbs of affordable fresh vegetables and fruit was purchased by 14,200 individuals in food deserts through 20 weekly Mobile and Good Food Markets.
- 70,000 children participated in 300 Student Nutrition, school and community programs that ordered affordable fresh vegetables and fruit directly from FoodShare.
- 500,000 lbs of affordable fresh vegetables and fruit were purchased for delivery to the remote Fort Albany First Nation in James Bay.
- $1,396,267 worth of fresh produce purchased, $953,702 from the Ontario Food Terminal with 38% sourced locally, and $342,000 directly from 25 local family farms.

(from 2012 Annual Report)
STUDENT NUTRITION
FoodShare works in partnership through the Toronto partners for Student Nutrition facilitating school meal programs reaching 149,000 students every day.

FIELD TO TABLE SCHOOLS
Field to Table Schools is FoodShare’s good food education program bringing exciting hands-on curriculum-linked activities like gardening, nutrition, composting and cooking to students from JK to Grade 12, and also providing educator training and source resources that can be used in any classroom. School Grown is Field to Table Schools’ school-yard farming project that employs students in running productive urban market gardens.

GOOD FOOD CAFÉ
The Good Food Café is a healthy school cafeteria that serves attractive, delicious and nutritious food that students choose to eat and that is simple to prepare. The Good Food Café currently operates in two French high Schools, Frere Andrée and Toronto Ouest serving fresh, home made food daily.

BULK FRESH PRODUCE FOR SCHOOLS AND COMMUNITY GROUPS
The Bulk Fresh Produce Program for Schools and Community Groups sells high quality, affordable, seasonal, and diverse fresh vegetables and fruit purchased directly from the Ontario Food Terminal and local family farms.
FoodShare takes a long-term innovative approach to school food leading a movement of change in the way children and youth eat and learn. We created the model for Student Nutrition Programs, and work with educators, parents, and students from JK through Grade 12, to implement hands-on cooking and gardening activities with the goal of making food literacy a requirement of graduation.

Programs include: Student Nutrition, Field to Table Schools, School Grown, Good Food Café, and Bulk Fresh Produce for Schools and Community Groups.

The Power of Sharing

- 144,000 students enjoyed a healthy meal every school day through 680 universal Student Nutrition Programs, delivered in partnership with school boards, Toronto Public Health and community agencies; 228 of these programs sourced affordable fresh produce directly from FoodShare.
- 4,680 students participated in hands-on Food Literacy activities and workshops, and over 500 teachers and community leaders used our resources and lesson plans.
- 2,000 square feet at Brock Public School was transformed into a newly opened terrace garden where students grow and tend 30+ varieties of herbs, vegetables and fruits.
- 1,200 lbs of fresh produce were harvested at the school Market Garden at Bendale Business and Technical Institute, and we installed a 1,000 gallon aquaponics system in the school’s green industries classroom, engaging 75 students in horticulture, business and culinary arts.

(from 2012 Annual Report)
Cooking

Cooking healthy, delicious, affordable, diverse food and breaking down social isolation.

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COMMUNITY KITCHENS
A community kitchen is a public space where people get together and cook on a regular basis offering the opportunity to share skills, socialize and reduce costs. FoodShare partners in offering a variety of health-based Community Kitchens.

POWER SOUPS
We prepare nutrient-dense blended soups delivered by community agencies to the homeless and underhoused. Every winter, thousands of cups of soup leave FoodShare’s kitchen and help in a small way to ensure that those living on the street get some of the nutrition that they so desperately need.

BABY AND TODDLER NUTRITION
The Baby and Toddler Nutrition Program offers food basics workshops to communities throughout the Toronto area. The workshops are hands-on and give participants the skills and confidence to make simple healthy baby and toddler food from fresh and whole foods.

FIELD TO TABLE CATERING
Field to Table Catering a full-service professional social enterprise that reflects FoodShare’s commitment to healthy eating, the environment and local farmers.

TEACHING KITCHEN
The Teaching Kitchen is a commercial certified industrial kitchen that is available to food start ups and community groups.
The kitchen is at the heart of FoodShare, everyday we lovingly prepare and serve fresh, healthy, affordable, culturally diverse food to our family of staff, volunteers and guests. Our cooking programs provide hands-on capacity building and work extensively with various partners and entrepreneurs to share resources and skills.

Programs include: Good Food Café, Community Kitchens, Power Soups, Field to Table Catering, Teaching Kitchen, Baby and Toddler Nutrition, and Focus on Food Youth Internships.

I’m doing great at school now and a lot of students here are interested in learning how to cook so I’m teaching a lunch time culinary course to these high school students, I’m really enjoying teaching them what I learned at FoodShare.

- former participant in FoodShare’s Kitchen

My way of thinking in regards to food has been completely blown open! I am so determined to go back to my community and see what resources we have to make food security changes.

– Aboriginal Community Kitchen workshop participant

The Power of Sharing

- 10,600 nutritious affordable meals were served through our Good Food Café healthy school cafeteria.
- 30 Community Kitchens provided training and community development opportunities for 600 individuals.
- 15,000 cups of nutrient-dense Power Soups were supplied to agencies that support the homeless and underhoused.
- 1,076 caregivers participated in 95 peer-led workshops, in languages including English, Spanish, Mandarin, and Tamil, on how to make healthy cost-effective baby and toddler food.
- 24 youth in the Focus on Food program participated in life skills training, developed new relationships, and gained employment experience.

(from 2012 Annual Report)
Growing

Growing bounties, cultivating knowledge and skills that build communities.

FOOD JUSTICE COMMUNITY FOOD ANIMATION
Through food justice, FoodShare uses food as a tool to bring people together across diverse communities to create vibrant public space and increase food access. We facilitate community-building processes that are inclusive, focusing on the assets and resources that exist within the community.

COMMUNITY GARDENS
FoodShare works in partnership with communities across Toronto to facilitate gardens as a place where people come together to grow, share ideas, and resources.

SUNSHINE GARDEN AND MARKET
The Sunshine Garden and Market is a partnership between FoodShare and the Centre for Addiction and Mental Health. Volunteer gardeners, who are all CAMH clients, raise seedlings, plant and tend the garden and compost garden waste. The produce grown is for the use of the gardeners and for sale at the Sunshine Garden and Market.

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BEEKEEPING
FoodShare works in partnership with the Toronto Beekeepers Coop to share knowledge around beekeeping and produce honey in Toronto.

COMPOSTING
FoodShare has a mid-scale compost processing operation where volunteers, and staff learn about composting and help process our food waste into rich, fertile soil.
FoodShare supports Food Justice Community Food Animation across Toronto working in partnership with community-based organizations, institutions and community groups to grow food, build community, and beautify neighbourhoods.

**Programs include:** Food Justice Community Food Animation, Community Gardens, Composting, Sunshine Garden and Market, Black Creek Community Farm, Beekeeping, Community Kitchens, Mobile and Good Food Markets.

**The Power of Sharing**

- 70 hands-on workshops, networking and training events prepared 3,200 people with skills and resources to support community gardens, community kitchens, composting, and community markets.
- 30 participants at the Sunshine Market Garden at the Centre for Addiction and Mental Health harvested 370 lbs of food for their own consumption and sale to the Parkdale community, and composted 1,000 lbs of organic waste.
- 22,000 kg of organic waste was diverted from landfills creating 10,000 kg of the city’s best compost.
- 30 community leaders were trained to deliver composting workshops to 150 people.
- 2 new community gardens were facilitated in partnership with community groups and Toronto Community Housing.
- 890 community impact events were supported, and we continued to participate in 95 locally based community partnerships including continued support for the Toronto Beekeepers’ Cooperative, Toronto Urban Growers, Toronto Community Garden Network, and Seedy Saturday.

(from 2012 Annual Report)