

**Good Food Markets**

A Project of FoodShare Toronto  
120 Industry St, Unit C  
Toronto, ON, M6M 4L8



**Contact Information**

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**ORDER FORM**

Group ID: \_\_\_\_\_

Group Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Notices & Changes: \_\_\_\_\_

**GOOD FOOD MARKETS ORDER FORM**

For delivery Sept 11-15, 2017  
Submit orders by 12 pm noon on Thursday,  
Sept 7, 2017

\*Minimum order for delivery is \$200  
\*Maximum 8 quarter cases per order  
\*Email your order to orders@foodshare.net  
and cc tarar@foodshare.net

*Please ensure that 80% of the cost of this order is from Local and/or organic purchases during the summer (June to November) and 40% of the cost of this order is from Local and/or organic purchases during the winter (December-May)*

Case Quantity	Product	Case Price	Selling Price (10% mark)	# of Full Cases	Sourced From	Card Price
<b>Cut Fruit and Vegetables</b>						
6 bag	Cut - Baby Kale Mix 6oz FULL ONLY .....	16.50	3.03	_____	Food Terminal - US	\$3.05/bag
6 bag	Cut - Spinach & Arugula 6oz FULL ONL	17.05	3.13	_____	Food Terminal - US	\$3.15/bag
<b>New local</b>						
50 Count	Peppers - Cubanelle .....	20.90	0.46	_____	Stoll Family Farm -	\$0.45/lb
35 lb	Squash - Buttercup 35LBS .....	24.20	0.76	_____	Food Terminal - ON	\$0.75/lb
<b>Imported specials</b>						
12 Count	Organic Dill Pickles 500g .....	79.20	7.26	_____	Sunset View Farms	\$7.25/jar
12 Count	Organic Pickled Beets 500g .....	79.20	7.26	_____	Sunset View Farms	\$7.25/jar
<b>Local Vegetable</b>						
25 lb	Beets .....	11.00	0.48	_____	Food Terminal - ON	\$0.50/lb
12 Bunch	Beets - Bunch FULL/HALF .....	27.50	2.52	_____	Food Terminal - ON	\$2.55/bunch
16 Head	Cabbage - Green .....	18.70	1.29	_____	Food Terminal - ON	\$1.30/each
12 Bunch	Carrots - Bunch x 12 .....	28.60	2.62	_____	Dominion Citrus Ltd	\$2.65/bunch
24 Bunch	Cilantro - FULL ONLY .....	29.70	1.36	_____	Food Terminal -	\$1.35/each
12 Bunch	Collards FULL/HALF ONLY .....	19.80	1.82	_____	Food Terminal - ON	\$1.80/each
60 Count	Corn - Peaches & Cream .....	19.80	0.36	_____	Food Terminal - US	\$0.35/each
20 lb	Cucumber - Dill .....	18.70	1.03	_____	Stoll Family Farm -	\$1.05/lb
12 Count	Cucumber - English .....	14.30	1.31	_____	Koorneef Produce	\$1.30/each
24 Count	Cucumber - Field .....	13.20	0.60	_____	Stoll Family Farm -	\$0.60/each
12 Count	Dandelion - Green - FULL ONLY .....	19.80	1.82	_____	Food Terminal - ON	\$1.85/each
30 Count	Eggplant - Baby FULL/HALF ONLY .....	34.10	1.25	_____	Food Terminal - ON	\$1.25/each
12 Bunch	Kale - Green Full/Half .....	20.90	1.92	_____	Stronach & Sons In	\$1.95/each
12 Count	Kohlrabi FULL ONLY .....	20.90	1.92	_____		\$1.95/each
12 Head	Lettuce - Boston - FULL/HALF .....	23.10	2.12	_____	Food Terminal - ON	\$2.15/each
18 Head	Lettuce - Green Leaf .....	18.70	1.14	_____	Riga Farms - ON	\$1.15/each
18 Head	Lettuce - Romaine .....	16.50	1.01	_____	Food Terminal - QU	\$1.00/each
12 Count	Mushrooms - 8 oz package .....	18.70	1.71	_____	Food Terminal - ON	\$1.70/each
5 lb	Mushrooms - Brown FULL ONLY .....	16.50	3.63	_____	Sharon Farms - ON	\$3.65/lb
5 lb	Mushrooms - White 5lb FULL ONLY .....	15.95	3.51	_____	Sharon Farms - ON	\$3.50/lb
48 Count	Onions - Green FULL/HALF ONLY .....	23.10	0.53	_____	Rite-Pak Produce	\$0.55/bunch
11 lb	Peppers - Anaheim .....	19.80	1.98	_____	KoorNneef Produce	\$2.00/each

Case Quantity	Product	Case Price	Selling Price (10% mark)	# of Full Cases	Sourced From	Card Price
<b>Local Vegetable</b>						
11 lb	Peppers - Hungarian Hot .....	19.80	1.98	_____	Food Terminal - ON	\$2.00/lb
11 lb	Peppers - Jalepeno Full Only .....	18.70	1.87	_____	Stoll Family Farm -	\$1.85/lb
11 lb	Peppers - Orange .....	23.10	2.31	_____	Food Terminal - ON	\$2.30/lb
11 lbs	Peppers - Poblono .....	14.30	1.43	_____	Stoll Family Farm -	\$1.45/lb
11 lb	Peppers - Red .....	23.10	2.31	_____	KoorNneef Produce	\$2.30/lb
30 lb	Peppers - Red 30lb .....	28.60	1.05	_____	Food Terminal - ON	\$1.05/lb
11 lb	Peppers - Yellow .....	23.10	2.31	_____	KoorNneef Produce	\$2.30/lb
30 lb	Peppers - Yellow 30lb .....	28.60	1.05	_____	Food Terminal - ON	\$1.05/lb
10 lb	Potatoes - White 10lbs FULL ONLY .....	4.13	0.45	_____		\$0.45/lb
24 Bunch	Radishes - bunch FULL/HALF .....	18.70	0.86	_____	Food Terminal - ON	\$0.85/bunch
25 Count	Squash - Buttercup .....	23.10	1.02	_____	Stoll Family Farms -	\$1.00/lb
35 lb	Squash - Butternut .....	27.50	0.86	_____	Food Terminal - ME	\$0.85/lb
25 Count	Squash - mixed 40lb .....	24.20	1.06	_____	Stoll Family Farms -	\$1.05/lb
24 Count	Squash - Pepper 35 lbs .....	22.24	1.02	_____	Food Terminal - CR	\$1.05/each
24 Count	Squash - Spaghetti .....	23.10	1.06	_____	Food Terminal - CR	\$1.05/each
12 Count	Swiss Chard - Green FULL/HALF .....	20.90	1.92	_____	Food Terminal - ON	\$1.95/each
12 Bunch	Swiss Chard - Red FULL/HALF .....	20.90	1.92	_____	Food Terminal - ON	\$1.95/each
3 lt	Tomatoes - 4/3lt .....	16.50	6.05	_____	Food Terminal - ON	\$6.05/basket
11 lb	Tomatoes - Cluster FULL/HALF .....	15.40	1.54	_____	Koorneef Produce	\$1.55/lb
20 lb	Tomatoes - Field .....	18.70	1.03	_____	Food Terminal - ON	\$1.05/lb
12 Pint	Tomatoes - Grapes .....	18.70	1.71	_____	Stoll Family Farms -	\$1.75/pint
25 Count	Tomatoes - Hot House .....	14.30	0.63	_____	Food Terminal -	\$0.65/each
25 lb	Tomatoes - Plum .....	20.90	0.92	_____	Food Terminal -ON	\$0.95/lb
25 Count	Zucchini - Green Jumbo .....	12.10	0.53	_____	Stoll Family Farms -	\$0.55/each
15 lb	Zucchini - Yellow - FULL/HALF .....	13.20	0.97	_____	Stoll Family Farms -	\$1.00/lb
<b>Vegetable</b>						
12 Bunch	Basil - FULL ONLY .....	34.10	3.13	_____	Food Terminal- DO	\$3.15/bunch
18 Head	Bok Choy .....	31.90	1.95	_____	Everfresh - Green H	\$1.95/each
30 lb	Bok Choy - Baby FULL/HALF .....	61.60	2.26	_____	Food Terminal - US	\$2.25/lb
25 lb	Bok Choy - Shanghai - FULL/HALF .....	28.60	1.26	_____	Food Terminal - US	\$1.25/lb
18 Bunch	Broccoli .....	25.30	1.55	_____	Food Terminal - US	\$1.55/bunch
16 Head	Cabbage - Red .....	27.50	1.89	_____	Food Terminal - ON	\$1.90/each
24 bag	Carrots - 2 lb .....	23.10	1.06	_____	Food Terminal - ON	\$1.05/bag
50 lb	Carrots - Jumbo 50lbs FULL ONLY .....	23.10	0.51	_____	Food Terminal - ME	\$0.50/lb
30 bag	Carrots - Mini - FULL/HALF .....	36.30	1.33	_____	Food Terminal - US	\$1.35/bag
12 Head	Cauliflower .....	23.10	2.12	_____	Food Terminal - US	\$2.15/each
24 Bunch	Celery .....	31.90	1.46	_____	Food Terminal - US	\$1.45/each
12 Bunch	Chives - FULL ONLY .....	14.30	1.31	_____	Food Terminal - US	\$1.30/each
40 lb	Daikon FULL/HALF ONLY .....	23.10	0.64	_____	Food Terminal - US	\$0.65/lb
24 Bunch	Dill - FULL ONLY .....	31.90	1.46	_____	Food Terminal - US	\$1.45/each
28 lb	Eddoes FULL/HALF ONLY .....	53.90	2.12	_____	Food Terminal - Co	\$2.15/lb
25 lb	Eggplant - Regular .....	27.50	1.21	_____	Food Terminal - CA	\$1.15/lb
1 lb	Garlic - lb FULL ONLY .....	6.05	6.66	_____	Food Terminal - ME	\$6.65/lb
1 lb	Ginger - lb FULL ONLY .....	1.26	1.39	_____	Food Terminal - CH	\$1.60/lb
45 Pounds	Jicama FULL ONLY .....	52.80	1.29	_____		\$1.30/lb
12 Bunch	Leeks FULL/HALF ONLY .....	25.30	2.32	_____	Food Terminal - US	\$2.35/ea
30 Head	Lettuce - Iceberg - FULL/HALF .....	31.90	1.17	_____	Food Terminal - US	\$1.20/each
18 Head	Lettuce - Red Leaf .....	24.20	1.48	_____	Food Terminal - US	\$1.50/each
3 lb	Lettuce - Spring Mix FULL ONLY .....	13.20	4.84	_____	Food Terminal - US	\$4.85/lb
12 Bunch	Mint FULL ONLY .....	17.60	1.61	_____	Food Terminal - CO	\$1.60/bunch
5 lb	Mushrooms - Portobello FULL ONLY .....	20.35	4.48	_____	Food Terminal - US	\$4.50/lb
15 lb	Okra FULL/HALF .....	40.70	2.98	_____	'	\$3.00/lb

Case Quantity	Product	Case Price	Selling Price (10% mark)	# of Full Cases	Sourced From	Card Price
<b>Vegetable</b>						
24 bag	Onions - 2lbx24 .....	23.10	1.06	_____	Food Terminal - ON	\$1.10/bag
10 lb	Onions - Shallots - FULL ONLY .....	16.50	1.82	_____	Food Terminal - US	\$1.85/lb
12 Bunch	Oregano FULL ONLY .....	12.10	1.11	_____	Food Terminal - US	\$1.10/bunch
25 lb	Parsnips 25lbs FULL ONLY .....	36.30	1.60	_____	Food Terminal - ON	\$1.60/lb
10 lb	Peas - Snow - Full Only .....	35.20	3.87	_____	Food Terminal - Per	\$3.85/lb
10 lb	Peas - Sugar Snap - FULL ONLY .....	35.20	3.87	_____	Food Terminal - US	\$3.85/lb
22 lb	Peppers - Green .....	23.10	1.16	_____	Food Terminal - US	\$1.15/lb
10 lb	Peppers - Green Hot Finger FULL ONLY	34.10	3.75	_____	Food Terminal - US	\$3.75/lb
12 Bunch	Rosemary - FULL ONLY .....	12.10	1.11	_____	Food Terminal - US	\$1.10/bunch
12 Bunch	Sage - FULL ONLY .....	12.10	1.11	_____	Food Terminal - US	\$1.10/bunch
3 lb	Spinach - Baby - FULL ONLY .....	15.40	5.65	_____	Food Terminal - US	\$5.65/lb
24 Bunch	Spinach - Bunch FULL/HALF .....	33.00	1.51	_____	Food Terminal - US	\$1.50/bunch
25 lb	Squash - Choyote FULL/HALF .....	26.40	1.16	_____	Food Terminal - CR	\$1.15/lb
40 lb	Sweet Potatoes - Caribbean .....	40.70	1.12	_____	Food Terminal - HO	\$1.15/lb
40 lb	Sweet Potatoes - No 1 .....	40.70	1.12	_____	Food Terminal - US	\$1.15/lb
12 Bunch	Tarragon - FULL ONLY .....	15.40	1.41	_____	Food Terminal - ON	\$1.40/bunch
12 Count	Thyme - FULL ONLY .....	12.10	1.11	_____	Food Terminal - US	\$1.15/bunch
12 Pint	Tomatoes - Cherry .....	23.10	2.12	_____	Food Terminal - US	\$2.40/pint
25 lb	Turnip - White FULL/HALF .....	17.60	0.77	_____	Food Terminal - ON	\$0.80/lb
30 lb	Yucca FULL/HALF .....	33.00	1.21	_____	Food Terminal - CR	\$1.20/lb
<b>Local Fruit</b>						
50 Count	Apples - 10lb Small FULL ONLY .....	5.50	0.12	_____	Norfolk Fruit Grower	\$0.15/each
10 Basket	Apricots - 1.5 litre Full only .....	39.60	4.36	_____	Warner Farms - ON	\$4.35/basket
6 Basket	Nectarine Basket - 6x3L .....	38.50	7.06	_____		\$7.05/each
100 Count	Peaches .....	13.20	0.15	_____	Front Step Farms	\$0.15/each
8 Basket	Peaches Basket - 2L .....	33.00	4.54	_____	Warner's farm - ON	\$4.55/basket
10 1.5 litre	Plums - Golden .....	39.60	4.36	_____	Warner's Farm - ON	\$4.35/each
10 Basket	Plums - Ozark - Red 1.5L .....	38.50	4.24	_____	Warner's Farm - ON	\$4.25/basket
10 1.5 litre	Plums - Shiro .....	32.45	3.57	_____	Warner's Farm - ON	\$3.60/each
6 Quart	Strawberries - ON FULL/HALF .....	31.90	5.85	_____	Front Step Farms-O	\$5.85/each
1 Count	Watermelon - Mini small .....	1.65	1.81	_____	Food Terminal - US	\$1.80/each
1 Count	Watermelon - Sugar Baby .....	2.53	2.78	_____	Stoll Family Farms -	\$2.80/each
1 Count	Watermelon - Yellow baby .....	2.20	2.42	_____	Stoll Family Farms -	\$2.45/each
<b>Fruit</b>						
20 Count	Avocado .....	33.00	1.82	_____	Food Terminal - ME	\$1.80/each
40 lb	Banana - Non gassed FULL/HALF ONL	24.20	0.67	_____	Food Terminal - CO	\$0.70/lb
100 Count	Bananas (40lbs) .....	24.20	0.27	_____	Food Terminal - CO	\$0.30/ea
12 Count	Blueberries - Half Pint FULL/HALF .....	45.10	4.13	_____	Food Terminal - US	\$4.15/each
12 Count	Cantaloupe 12/15 .....	20.90	1.92	_____	Food Terminal - ON	\$1.95/each
24 Count	Coconut .....	38.50	1.76	_____	Food Terminal - DR	\$1.75/each
12 1/2 pint	Gooseberries FULL/HALF ONLY .....	21.45	1.97	_____	Food Terminal - CR	\$1.95/each
48 Count	Grapefruit - Pink .....	31.90	0.73	_____	Food Terminal- US	\$0.75/each
8 bag	Grapes - Green Seedless FULL/HALF ...	50.60	6.96	_____		\$7.00/lb
18 lb	Grapes - Red Seedless FULL/HALF .....	47.30	2.89	_____	Food Terminal - ME	\$2.90/lb
12 Basket	Guava - Clams FULL/HALF ONLY .....	29.70	2.72	_____		\$2.75/basket
8 Count	Honeydew Melon .....	18.70	2.57	_____	Food Terminal - US	\$2.60/each
10 Basket	Kiwi - 600g .....	26.40	2.90	_____	Food Terminal - CH	\$2.90/basket
105 Count	Lemons .....	39.60	0.41	_____	Food Terminal-S.A	\$0.45/ea
48 Count	Limes .....	50.60	1.16	_____	Food Terminal - ME	\$1.20/each
18 Count	Mango - Altolfo FULL/HALF ONLY .....	25.30	1.55	_____	Food Terminal - ME	\$1.55/each
9 Count	Mango - Large FULL/HALF ONLY .....	11.00	1.34	_____	Food Terminal - ME	\$1.35/each
60 Count	Nectarines Avg 60-80 FULL/HALF ONL	50.60	0.93	_____	Food Terminal - US	\$0.95/each

Case Quantity	Product	Case Price	Selling Price (10% mark)	# of Full Cases	Sourced From	Card Price
<b>Fruit</b>						
105 Count	Oranges - 105 .....	27.50	0.29	_____	Gambles Ontario Pr	\$0.30/each
9 Count	Papaya - Jumbo - FULL/HALF .....	47.30	5.78	_____	Food Terminal - ME	\$5.80/each
12 Count	Papaya - Small - FULL ONLY .....	23.10	2.12	_____	Food Terminal - BR	\$2.15/each
90 Count	Pears - Bartlett .....	56.10	0.69	_____	Food Terminal - US	\$0.70/each
24 Count	Pears - Asian .....	31.90	1.46	_____	Food Terminal	\$1.45/each
6 Count	Pineapple - Golden FULL/HALF .....	20.90	3.83	_____	Food Terminal -C.R	\$3.85/each
40 lb	Plantains - FULL/HALF .....	42.90	1.18	_____	Food Terminal - S.A	\$1.20/lb
12 Count	Raspberries FULL/HALF .....	42.90	3.93	_____	Food Terminal - US	\$3.95/each
8 Count	Strawberries .....	29.70	4.08	_____	Food Terminal - US	\$4.10/each
<b>Organic vegetable</b>						
24 bag	Organic Carrots - 2lb FULL/HALF .....	48.40	2.22	_____	Pfenning's-USA	\$2.25/bag
<b>Organic fruit</b>						
12 3 lb. Bag	Organic Apples - Royal Gala FULL/HAL	78.10	7.16	_____	Pfennings - QUE	\$7.20/bag
18 Bunch	Organic Banana .....	42.90	2.62	_____	Food Terminal - DR	\$2.65/bunch
<b>Local Org Veg</b>						
24 Bunch	Organic Beets - Bunch FULL/HALF .....	41.80	1.92	_____		\$1.95/bunch
1 Bunch	Organic Carrots .....	2.20	2.42	_____		\$2.45/bunch
1 Bunch	Organic Chard red/Gree/mix .....	2.09	2.30	_____		\$2.30/bunch
12 Count	Organic Cucumber - English - FULL/HA	38.50	3.53	_____		\$3.55/each
6 bag	Organic Herb Living Chives FULL ONLY	19.25	3.53	_____	Pfennings - ON	\$3.55/bag
6 bag	Organic Herb Living Cilantro FULL ONL	19.25	3.53	_____	Pfennings - ON	\$3.55/bag
6 bag	Organic Herb Living Dill FULL ONLY .....	19.25	3.53	_____	Pfennings - ON	\$3.55/bag
6 bag	Organic Herb Living Oregano FULL ON	18.15	3.33	_____	Pfennings - ON	\$3.35/bag
6 bag	Organic Herb Living Parsley FULL ONL	18.15	3.33	_____	Pfennings - ON	\$3.35/bag
6 bag	Organic Herb Living Thyme FULL ONLY	19.25	3.53	_____	Pfennings - ON	\$3.55/bag
1 Bunch	Organic Kale 1 Bunch .....	0.99	1.09	_____		\$1.10/bunch
1 Bunch	Organic Kale Green/Red/Mix .....	2.09	2.30	_____		\$2.30/bunch
6 bag	Organic Lettuce - Living .....	29.70	5.45	_____	Pfennings - ON	\$5.45/bag
6 bag	Organic Lettuce - Living Boston Red Cla	15.95	2.92	_____	Pfennings - ON	\$2.95/bag
6 bag	Organic Lettuce - Living Red Leaf Clam	15.95	2.92	_____	Pfennings - ON	\$2.95/bag
6 bag	Organic Lettuce - Living Romain bag .....	15.95	2.92	_____	Pfennings - ON	\$2.95/bag
6 bag	Organic Lettuce - Living Watercress cla	15.95	2.92	_____	Pfennings - ON	\$2.95/bag
1 lb	Organic Lettuce- Mix .....	6.60	7.26	_____		\$7.30/lb
12 Count	Organic Mushrooms - 8oz. FULL/ HALF	26.40	2.42	_____	Mike & Mike's - ON	\$2.45/each
1 lb	Organic Onion Fresh .....	1.10	1.21	_____		\$1.25/lb
12 2 lb bag	Organic Rutabaga .....	36.30	3.33	_____	Pfennings - ON	\$3.35/bag
24 Bunch	Organic Spinach bunch FULL/HALF .....	67.10	3.08	_____	Pfennings - ON	\$3.10/bunch
<b>Supplies</b>						
500 Count	Brown Paper bags 8lb FULL ONLY .....	27.50	0.06	_____	Food Terminal - CA	0.05
10 Count	Good food newsletter .....	0.00	0.00	_____	FooDShare - ON	Free!
1000 Count	Grocery Bags FULL ONLY .....	44.00	0.05	_____		\$0.05/each
1000 Count	Poly Produce Bags - Large FULL ONLY	33.00	0.04	_____		0.05
1000 Count	Poly Produce Bags - Medium FULL ONL	27.50	0.03	_____		0.05
<b>Grown in Toronto</b>						
1 lb	Organic Lettuce - Salad Mix .....	6.60	7.26	_____		\$7.30/lb