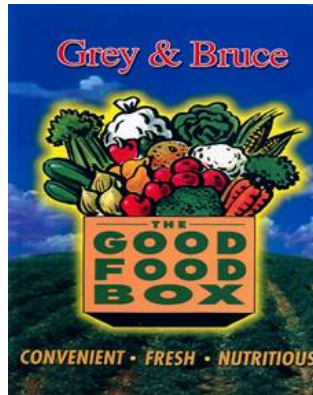


# Local Food and the Grey Bruce Good Food Box



Grey Bruce  
Agriculture and Culinary  
Association

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## **Abbreviations**

|       |                                      |
|-------|--------------------------------------|
| ACA   | Agriculture and Culinary Association |
| GFB   | Good Food Box                        |
| GBLFP | Grey Bruce Local Food Project        |
| GBHU  | Grey Bruce Health Unit               |
| LFP   | Local Food Project                   |
| PIH   | Partners in Health                   |

# 1 Introduction

## 1.1 The Good Food Box

The Good Food Box (GFB) program was initiated in 1994 by FoodShare in Toronto and has since grown to more than 30 programs throughout Ontario. The program is a not-for-profit fresh fruit and vegetable distribution system whose goals are to improve low income people's access to affordable food, promote healthy eating, support local farmers, encourage sustainable agriculture and promote community development (Scharf and Morgan 1997). The program operates like a large buying club with centralized purchasing of fruits and vegetables and coordination of packing and delivery. Top quality fruits and vegetables are purchased direct from farmers or from the Ontario Food Terminal. The produce is then packed by volunteers and delivered to customers at local pick-up sites. Customers order and pay for their box in advance (FoodShare 2009).

In Grey Bruce, the program was initiated in 1996 and has since grown to fifteen sites throughout the two counties, delivering approximately 1500 boxes on a monthly basis (Boyd 2009). Currently the program receives financial support from Partners in Health; each of the fifteen local sites receives \$500 per year to cover volunteers' expenses and help cover some of the overhead expenses of the program. In addition, both counties also provide subsidies (\$ per box) to individuals with less than \$30 000 annual income.

**Table 1:** *Communities in Grey Bruce with a GFB program*

|             |           |            |            |                      |
|-------------|-----------|------------|------------|----------------------|
| Cape Croker | Durham    | Hanover    | Kincardine | Lucknow              |
| Markdale    | Meaford   | Owen Sound | Port Elgin | Saugeen First Nation |
| Tara        | Teeswater | Thornbury  | Walkerton  | Warton               |

## 1.2 The Grey Bruce Agriculture and Culinary Association

In 2007, the Grey Bruce Agriculture and Culinary Association (ACA) was formed. This organization is a non-profit association that is funded in part by the Province of Ontario, the Ontario Ministry of Agriculture, Food and Rural Affairs, Grey and Bruce counties and local municipalities. It is overseen by a seven-member board of directors elected at the annual general meeting. Its work is carried out by a full time coordinator and various volunteer committees. The goals of the ACA are (ACA 2009):

1. Finding solutions to problems facing the local food system;
2. Increasing economic development opportunities for members and communities;
3. Developing agricultural and culinary tourism, marketing strategies, services and products to benefit the Grey Bruce region through membership involvement;
4. Education and awareness of the local food movement;
5. Supporting the development of infrastructure for easier distribution of local product.

The organization created the Grey Bruce Agriculture & Culinary Map and the Foodlink Grey & Bruce website, both in conjunction with the Grey Bruce Local Food Project (LFP) – a project of Grey and Bruce counties. Both the map and website consist of a local food directory.

Together, the ACA and the LFP received an Ontario Market Investment Fund grant in 2009 for the project “Increasing Production to Meet Demand”. Project components include:

- Existing Growers Support Program
- New Growers Support Program
- Restaurant Supply Pilot Program
- Institutional Kitchen Supply Pilot Program
- Local Food Distribution System Gap Analysis
- Grey Bruce Food Summit, November, 2009

### **1.3 Putting it all together – Local Food in the GFB**

Locally-produced food has been part of the GFB idea from the beginning. However, when the program first began in Toronto in 1994, the local ideal proved to be unfeasible because of the program’s initial small scale ([Scharf and Morgan 1997](#)) and because few farms could supply the diversity of items needed by the GFB.

However, this has changed over the course of the years and direct purchases became part of FoodShare's GFB program in Toronto. The Toronto program now has relationships with a number of growers and is the source of a significant portion of some of the farmer's incomes. The relationship is mutually beneficial – the GFB program accesses locally-produced foods, while farmers can use the program as a launch pad to other markets.

Together with the Grey Bruce Local Food Project (GBLFP) and the Grey Bruce Health Unit, and with funding assistance from Grey Bruce Partners in Health (PIH), the ACA commissioned this report to examine the potential for including locally produced foods in the GFBs distributed across the two counties.

The objectives of this study were therefore to:

- survey the work of neighbouring GFB programs to identify key issues and potential models for the inclusion of locally-produced food in GFBs,
- assess the attitudes and insights of the volunteer site coordinators in Grey Bruce toward the inclusion of locally-produced foods,
- consult the distributors working with the Grey Bruce GFB program to identify key issues and potential models for the inclusion of locally-produced foods in the GFB program,
- assess the willingness and ability of local Grey Bruce producers to supply food to the GFB program,
- and present a potential delivery system.

## **2 Neighbouring Good Food Box Programs**

### **2.1 Research Methods**

In order to learn from neighbouring GFB programs how locally-produced foods can be incorporated into the GFB program, semi-structured interviews were carried out via telephone and e-mail (see [B.1](#)). The interviews were carried out in July and August 2009.

### **2.2 Results**

Four programs were successfully contacted for an interview: Huron, Guelph, Simcoe and Dufferin.

#### **Huron County Good Food Box**

The program in Huron County has been in operation since 2000. The program runs all year, delivers 225 boxes per month on average and involves about 25 to 30 volunteers. Local food is a priority for the program and the box is entirely local in the summer and autumn months. Typical items include potatoes, onions, and apples.

During the first week of a GFB cycle, orders for GFB are taken. During the second week, orders are sent out to producers and confirmed. Finally, during the third week, a van is rented and the produce picked up the day before the delivery date. The produce arrives cleaned and sometimes packed. Volunteers complete the packing.

Producers are paid on delivery. Prices are such that the customers receive more produce than they would if they purchased it in a retail setting and the producers can make a living. The cost of the box for participants is \$15 dollars, of which \$12.50 pays for produce and \$2.50 pays for van rental and other incidental costs. If purchased in a store, the produce would cost between \$ 22 and \$ 25. Each box contains 10 - 12 items.

No formal contracts are made with producers. However, verbal agreements do exist and the coordinator meets with producers in spring to plan the season, prior to planting. Some growers are able to store produce on-farm. The quality of produce is an on-going issue, which is primarily dealt with through education. In some cases, produce has been returned to the producer if the quality was not satisfactory.

Consumer education is also an important element of the program – a dietitian is present at one delivery site on each delivery day, demonstrating how to prepare

that month's produce. A newsletter is also placed in each box, which includes tips on storage and recipes.

Coordination of the program is carried out in the Health Unit and amounts to a 1/4 position. A partnership also exists with the local Ontario Works Office, which has a community garden. The garden supplies produce to the program, in return for gift certificates for boxes.

In a recent report on the state of sustainable local food in Ontario, the Metcalf Foundation highlighted the GFB program in Huron County. The county council has approved long-term funding for the program because they view it as benefiting not only consumers, but also producers ([Metcalf Foundation 2008](#)).

### **Guelph Garden Fresh Box**

Guelph's program has been in operation since 1998. On average about 300 to 350 boxes are delivered via 25 sites each month. There are two sizes available (\$15 and \$10), as well as an optional fruit bag (\$5). The program runs all year and involves 50 to 70 volunteers per month. Local food is a priority, though the percentage of local foods decreases in winter. Potatoes, carrots, onions and apples are typical items in the boxes.

Transportation of produce is carried out by the program itself and hired-out to others. An attempt is made to receive produce pre-packaged into individual box-sized quantities and volunteers bag the remainder. Clear directions for producers are very important to the smooth operation of the program. Payment is made on delivery. Contracts were made with some farmers in the past, but this is currently not done. Many producers are able to store produce for the winter. Key challenges have been the cost of produce (the \$10 box is very small and will increase in price next year) and human resources (there is a great reliance on volunteers, which is associated with continuity issues in terms of know-how and training).

At this time, growth of the program is limited by the capacity to prep boxes – both in terms of trucking and space for the actual packing. Thus, growth would only be possible by moving toward bi-weekly delivery.

The program does receive financial support from the county, other community organizations, the community health centre, family and children services, the health unit and OMAFRA. Coordination of the program is carried out by a paid position (16 hours/week) at the community health centre.

### **Simcoe Good Food Box**

The Simcoe County program has been in operation since 2004. Approximately 380 boxes are delivered every month with the help of about 35 volunteers. The program runs year-round and typical items include carrots, potatoes, onions and apples (all of which are local, when available). The program works with a local

wholesaler, who has established business relationships with local farmers and is thus able to include locally-produced foods in the boxes.

In contrast to the two programs described above, the coordinator is a volunteer position and the program raises its own funds (\$8000 in 2009), which are used not only to support the program as a whole, but also to provide boxes free-of-charge to those in need. Education also plays an important role in this program. A community kitchen is used to help participants learn how to prepare unfamiliar foods.

#### **Dufferin Good Food Box**

The Dufferin County program was initiated in 2002, with funds from the county through the Early Years Centre and the local Lions Club. The program runs eight months each year (October to May), delivering about 50 boxes with the help of 3 volunteers. Locally-produced food is included in the boxes with the help of local gardeners that donate their extras to the program. For the bulk of the items in the box, the program works with a local retailer.

### **2.3 Discussion**

Locally-produced food is an issue of interest for neighbouring GFB programs. The four programs contacted have three different models by which they include locally-produced items into their monthly boxes. Guelph and Huron employ paid coordinators that organize the purchase and delivery of produce directly from numerous local producers and also work with wholesalers. Both of these programs receive support from health-related organizations and from their respective counties. Simcoe includes locally-produced foods by relying on the wholesaler's established business relationships with local producers. This program's coordinator is a volunteer. The Dufferin program operates at a much smaller scale than the other three programs and has found an appropriate way to include locally-produce foods – donations from gardeners.

## 3 Grey Bruce GFB Site Coordinators

### 3.1 Research Method

In order to determine the attitude of volunteer coordinators to the possible inclusion of locally-produced items in the GFB and to determine the obstacles to such a project, the volunteer coordinators of the 15 GFB sites in Grey Bruce were interviewed by way of telephone and e-mail interviews. A semi-structured interview format with closed and open-ended questions was chosen (see C.1). The interviews were carried out in July and August 2009.

### 3.2 Results

Fourteen of the fifteen coordinators were successfully contacted for an interview.

Overall, the program appears to be functioning well. When asked about how things are going at the local sites, all coordinators indicated that the situation was either okay, good or great. This response was echoed by the responses to the final question of the interview, in which coordinators were asked for general feedback. Here, many indicated that they felt the program was good the way it currently operates and that it provides important services to the community.

At the start of this study, the estimated number of monthly GFBs in Grey Bruce was 1500 spread. Based on the coordinator interviews this number is currently around 1100. The average number of boxes per site is 75, with individual sites ranging from 30 to 175 boxes. Several coordinators reported high participant turn-over rates, strong fluctuations in the total number of boxes, and declines in comparison to past years.

The majority of programs (11) do not run all year – generally it is felt that individuals have sufficient access to fresh produce locally in July and August. One program runs for 11 months and two others all year.

About half the programs operate out of churches, while three are located in other community organizations and four operate out of municipal or band offices. All coordinators felt that their current site is working well. Important characteristics of the sites include sufficient room for produce packing, wheelchair accessibility, parking and space for delivery trucks, a downtown/central location that is visible to traffic, supportive host organizations and the absence of a fee for the use of the space.

Approximately 150 volunteers are involved with the program. On average, each site has 12 volunteers, though actual numbers of volunteers range from just 1

to 25. Together, these volunteers contribute about 390 hours per month to the Grey Bruce program as a whole. On average, each site receives 30 hours of volunteer support; one site makes due with as little as 3 hours, while another receives up to 88 hours. Together, the coordinators provide about 148 hours of volunteer time per month, with individual hours ranging from 2 to 30.

All the boxes contain several key staples each month – approximately 5 lbs potatoes, 2 lbs carrots, 2 lbs onions and 3 lbs apples. The rest of the boxes are made up of other fruits and vegetables according to what is available and suitably priced.

The majority of coordinators (10) felt that promotion of the program would increase use of it and that they would be able to accommodate such an increase (11). Several coordinators indicated that they already carry out a substantial amount of promotion and that further promotion would therefore not increase participation (3).

About half of the coordinators (7) indicated that the Partners in Health subsidy provided to the sites on a semi-annual basis is essential to the operation of the program. A further five coordinators indicated that it is very helpful. Only two coordinators felt that the subsidy is not essential.

Both Grey and Bruce counties provide subsidies to individuals with less than \$30 000 annual income for the program. On average, 25% of participants received such subsidies. Depending on the site, this number varies from 0% to 50%. According to the majority of coordinators (8), these subsidies are essential to the participation of the individuals that receive them. A further three coordinators indicated that they are helpful to individuals, while one coordinator indicated that they are not needed.

All of the programs are either interested or somewhat interested in local foods. Many coordinators praised their current supplier for his efforts to include local and Ontario-grown produce whenever possible. Just over half of the coordinators (9) are aware of producers in their area that could potentially supply produce. Two-thirds (10) of the coordinators feel that including foods from suppliers other than their current supplier would be very difficult or difficult. Only three coordinators felt that this task would be manageable or easy. The primary concerns are organization and coordination, the logistics of distribution and transportation and price (both in terms of the customers and the effect of smaller orders on the main supplier).

Many coordinators were unsure of how the seasonality of local produce could be accommodated. A few suggested that items could be substituted depending on availability or that the current distributor could fill the gaps when local produce is

**Table 2:** *If including local foods increased either the volunteer time needed or the costs involved, how would that affect your program?*

|              | increased<br>volunteer<br>time | increased<br>coordinator<br>time | increased<br>cost |
|--------------|--------------------------------|----------------------------------|-------------------|
| feasible     | 3                              | 0                                | 1                 |
| not feasible | 7                              | 3                                | 10                |

not available.

If the inclusion of more local produce resulted in increases to the volunteer time and costs needed to run the program, the coordinators generally indicated that there is neither money nor extra volunteer time available. Three coordinators stated that if greater demands were placed on them, they would no longer be able to manage the position.

Coordinator responses were mixed with regard to including non-produce items. A third indicated that they did not know whether there is interest in such items – several suggested that this is outside the mandate of the program. Almost half stated that there might be some interest, while two coordinators expressed great interest, particularly if the items were chosen to support other health programs (disease prevention, pregnant and nursing mothers).

### 3.3 Discussion

Overall, the GFB program appears to be functioning well and to be providing important services to the community. In addition, there is broad interest in local foods – several coordinators commented positively on the efforts of their wholesaler to include local and Ontario produce whenever possible. However, the majority of volunteer coordinators do not feel that they have the resources and capacities necessary to incorporate local foods into the GFB on a site-by-site basis. Key issues are the time required for coordination and organization, the time and costs associated with logistics and transportation, as well as pricing issues for the current wholesalers and GFB participants.

## 4 Grey Bruce GFB Distributors

### 4.1 Research Method

In order to determine possible methods of moving produce from producers to assembly points and to understand current distribution systems, the distributors involved with the Grey Bruce GFB program were interviewed using semi-structured telephone interviews (see [E.1](#)).

### 4.2 Results

Two of the the three distributors could be contacted for an interview.

Both distributors felt that the program as it currently operates is functioning very well, based on the number of participants, the positive reception the program enjoys and the success the program has on fulfilling its mandate of helping people eat better and fresher fruits and vegetables. Both distributors indicated that the program is generally a ‘break-even’ undertaking for them. In other words, it is neither profitable for them nor do they regularly subsidize it, at the current volume of produce. Both are content with this situation, because they see it as a way to contribute positively to the community.

When asked about the possibility of including local produce, the answers were more varied. One distributor explained that he had attempted to work with local producers many times over the years (having started as a producer himself), but that quality issues and logistics had been problematic. Nevertheless, he does source the produce for the GFBs from Ontario, as much as possible. The other distributor works with local growers and finds them to be receptive to his work. He also aims to source as much as possible locally (apples, potatoes, carrots and cabbage are mostly local).

Problems and challenges that they expect when attempting to incorporate more local produce revolve around the difficulty of working with many small growers – both in terms of the time required and the associated costs.

### 4.3 Discussion

Both distributors interviewed expressed passion for the GFB program and local food. A key challenge in including more local foods in the GFBs are finding producers with a sufficiently large supply and consistent quality of produce to make distribution efficient and economical for the distributors.

## 5 Grey Bruce Producers

### 5.1 Research Method

In order to assess the ability of local Grey Bruce producers to supply product for inclusion in the GFBs, a survey of producers was carried out. The survey began with a brief introduction to goals of the GFB program and how it functions. Next, five questions examined the producers interest in growing for and wholesaling to the GFB program, the range of products they produce, seasonal availability, storage capacities, willingness to deliver produce and donation to food banks (see [D.1](#)).

The producers contacted in this study were selected based on their being listed on the 2009/10 Local Food Map, developed by the Grey Bruce Agriculture and Culinary Association. Their listing on this map was taken as an indication of their interest in participating in local food systems and thus as a key indicator that they might be interested in working with the GFB program. There are probably other growers in the area that should be identified and approached if local food is to be included in the GFBs in the future.

The survey was carried out in August 2009. An on-line survey tool (Survey-Monkey) was utilized for those producers that had an e-mail address listed on the map mentioned above and by post for those producers without an e-mail address listed.

### 5.2 Results

A total of 34 producers were contacted, either by e-mail or post, and 17 responded. The producers were asked whether they are interested in wholesaling to the GFB program – 8 responded with “yes”, 8 with “maybe” and 1 with “no”(because they already sell all that they grow). When asked about whether they would be interested in growing produce on contract, 4 responded with “yes”, 8 with “maybe” and 3 with “no”.

With regard to delivery, 10 producers gave a response as to how far they are willing to deliver produce. On average, they are willing to deliver produce within 30km of their farms, actual responses vary from 0 (do not own a car) to 70km.

There is a broad variety of local produce available (see [Table 3](#)) and there are at least five producers of each of the four main GFB items (potatoes, carrots, onions, apples). However, the scale of production is generally small, with most of the production of onions, potatoes and carrots occurring on less than one acre

**Table 3:** *Types of produce, quantities, seasonality and storage capacity.* \* Average Size: 1 = less than 1 acre, 2 = between 1 and 5 acres, 3 = between 5 and 10 acres, 4 = more than 10 acres

| Produce                  | # of pro-ducers | Average Size* | Harvest – Start | Harvest – End | Producers with Stor-age | Duration of Stor-age |
|--------------------------|-----------------|---------------|-----------------|---------------|-------------------------|----------------------|
| Potatoes                 | 5               | 1.6           | June            | November      | 3                       | months               |
| Carrots                  | 7               | 1.29          | June            | November      | 4                       | weeks/months         |
| Onions                   | 5               | 1.4           | June            | November      | 4                       | days/months          |
| Apples                   | 7               | 3.43          | August          | November      | 4                       | days/weeks/months    |
| Lettuce/spinach          | 5               | 1             | May             | November      | 3                       | days                 |
| Broccoli and cauliflower | 2               | 2             | July            | October       | 1                       | days                 |
| Tomatoes and peppers     | 7               | 1.29          | July            | October       | 3                       | days                 |
| Cabbage                  | 4               | 1.25          | July            | March         | 2                       | months               |
| Beans and peas           | 7               | 1.14          | June            | October       | 2                       | days                 |
| Squash                   | 7               | 1.86          | July            | February      | 5                       | weeks/months         |
| Asparagus                | 2               | 3             | May             | June          | 1                       | days                 |
| Turnips                  | 2               | 1             | June            | March         | 2                       | months               |
| Beets                    | 3               | 1.2           | June            | March         | 3                       | weeks/months         |
| Cucumbers                | 4               | 1.25          | July            | October       | 2                       | days                 |
| Berries                  | 4               | 2.25          | June            | July          | 2                       | days                 |
| Other fruit              | 4               | 2             | June            | July          | 1                       | months               |
| Other vegetables         | 5               | 1.4           | May             | October       | 2                       | days/months          |

per producer. Apples are produced on between 5 and 10 acres per producer, on average. Local produce is available from May to March, based on the harvest times and storage capacities described by the producers.

Growers were also asked about donations to food banks. Of the fifteen producers that responded to this question, three indicated that they do donate produce to a food bank, while twelve indicated that they do not. Of those that do not donate, three indicated that they did not know that food banks accept perishable goods, three donate elsewhere, two had never been asked to donate and one did not have sufficient produce.

### 5.3 Discussion

The relatively high number of respondents (50 %), suggests that there is significant interest among local producers in working with the GFB program. It should also be noted that the survey was carried out in August – a very busy time for most

producers and thus perhaps not all those interested responded.

Moreover, the producers that responded to the survey grow a broad variety of fruits and vegetables, including the primary items included in the GFB. In addition, local produce is available from May through to March. The four primary items are harvested from June through to November and the producers are then able to store them for months at a time.

However, most of the producers that responded to the survey operate at a relatively small scale. Potatoes, carrots and onions are grown on less than one acre per producer. A key challenge may therefore be finding sufficient local supply. At the same time, the great interest shown by producers suggests that they may be willing and able to provide this supply in the future.

A key barrier preventing producers from donating items to food banks appears to be that most producers believe that non-perishable items are not accepted by food banks or that they have never been asked to donate. Therefore, better communication between food banks and producers may well increase the amount of donated produce.

## 6 Recommendations

### 6.1 What do we have?

Grey Bruce has an established and well-functioning GFB program – the coordinators, participants and distributors involved are all satisfied with how the program operates. Moreover, the program is quite large. Currently, it supplies over 1100 boxes per month (an average of 550 per county), in comparison to the 225 to 400 boxes per month more typical in neighbouring counties.

All three groups (coordinators, participants and distributors) are interested in local foods. In addition, numerous producers, who together can offer a broad palette of produce types and an availability that spans almost the entire year, are interested in becoming involved in the GFB program. The interest of the producers is very strong – as shown both by the response rate (50%) and their stated interest in wholesaling to the program.

Finally, we have the ACA, whose purpose is “finding solutions to problems facing the local food system and supporting the development of infrastructure for easier distribution of local product” (ACA 2009).

### 6.2 Where would we like to go?

This study was initiated by the ACA, which is interested in the possibility of incorporating more locally-produced foods into the GFB program. The ACA initiated this project in the context of its overall goals of “finding solutions to problems facing the local food system and supporting the development of infrastructure for easier distribution of local product” (ACA 2009). Based on the results of this study, the coordinators, customers and distributors involved in the GFB are interested in local foods. In addition, numerous producers are strongly interested in becoming involved in the GFB program. Thus, while the status quo is satisfactory to all those involved, there appears to be substantial interest among all involved to incorporate more locally-produced foods in the future.

### 6.3 What are the challenges?

Key challenges of incorporating more locally-produce foods in the GFB are:

- Organization of supply, demand and distribution
- Distribution from numerous sources to numerous delivery points

## 6.4 How can we get there?

Based on the coordinator interviews and the information provided by neighbouring programs, it is unrealistic to expect the volunteer site coordinators to take on the significant task of organizing the incorporation of locally-produced foods into the GFBs, on a site-by-site basis.

The Guelph and Huron programs – which each have a paid position for the coordination of the inclusion of locally-produced foods into the GFB – could serve as helpful models for Grey Bruce. However, there are four important characteristics of the Grey Bruce GFB program that differentiate it significantly from the Huron and Guelph programs and would therefore have to be considered: (1) The Grey Bruce GFB currently works with three distributors, who are essential to the program's success and whose current contributions are made without financial gain to themselves. (2) Grey Bruce has a much higher volume of boxes (1100 versus 200 to 350 boxes in Guelph and Huron). (3) The fifteen GFB sites currently have nine different delivery days (Huron and Guelph each have one delivery day). (4) The sites are spread over a large geographic area.

These four factors suggest that a program to include more locally-produced foods in the GFB in Grey Bruce would necessitate:

1. close cooperation with the current distributors,
2. more coordination time and resources to accommodate the larger volume of boxes each month and the higher number of delivery days (in comparison to Guelph and Huron),
3. additional resources to distribute the food throughout the two counties.

The ACA, as initiator of this project and as an organization with the goals of finding solutions to problems facing the local food system and supporting the development of infrastructure for easier distribution of local product, could play a key role. Building on its Local Food Map, the ACA could develop and maintain a database of local producers that includes up-to-date harvest information and pricing. In essence, this is what the coordinators in Guelph and Huron currently do. However, instead of the coordinator organizing pick-up and delivery (as is the case in Guelph and Huron), the Grey Bruce counterpart would then provide the “local food availability” information to the current distributors. The latter could then include the local foods in the GFB as is appropriate and feasible. Moreover, they could also use the information for other customers. Initially some financial

support for the distributors may be necessary to offset the additional transportation costs associated with working with numerous smaller producers.

By creating larger markets for locally-produced fruits and vegetables, the GFB is an opportunity for the producers to grow – in number, size and diversity of produce being grown. Training and support for the growers, in dealing with such issues as growing practices, food safety and traceability, quality and packaging, and pricing could help overcome initial growing pains and prepare producers for other markets, both locally and within the province of Ontario.

The set-up and subsequent operation of such a system – with a central coordinator gathering information on local production and harvest, which is made available to distributors, in other words an on-line food terminal – would require a significant input of resources. The investment would probably not be fully utilized if it were only used for the GFB program. However, if it were seen as a pilot project, then it would be a strategic investment into the infrastructure of our local food system. Initially, the distributors involved could use the on-line food terminal for other customers. Eventually, as the supply side grows, the on-line food terminal could be made available to other distributors and buyers (such as restaurants, schools, hospitals, nursing homes etc.). Small warehouses and local distribution enterprises could emerge as the need arose, increasing the positive benefits of this project to the local economy by creating additional jobs.

Supporting the growth of the local food system by including more locally-produced foods into the Grey Bruce GFB could, in the short term, help increase the food security of those individuals using the program, while contributing to the food security of the entire community in the long term.

## **7 Report on Meeting**

On Wednesday, September 9th, twenty stakeholders in the GFB program met at the Grey Bruce Health Unit in Owen Sound to receive the results of this study and discuss the issue of local food and the GFB.

The Directors of Health Promotion and Health Protection from Public Health thanked the coordinators for their efforts and complimented them on playing a vital role in each community with a GFB program.

After the presentation of results by Kristine Hammel, the group discussed a variety of issues.

**Sustainability of the GFB program** – The program should be true to the original FoodShare concept, which includes sustainable agriculture. However,

this requires infrastructure, which will take time to establish. Furthermore, it should not be heavily dependent on one individual.

**Producers** must be part of the discussion. While the majority of vegetable growers in Grey Bruce are thought to be involved in direct marketing, the GFB requires growers that operate at a scale that allows them to wholesale produce. Thus, we need to encourage new types of growers. The response to the survey suggested that current producers are interested in this type of production: They want to spend more time on growing and less time on marketing. We need to develop a system that helps them do this.

**Coordinators** are interested in the local foods, but clearly indicated that they need a system that allows them to make just one telephone call to order their produce.

**Education** is needed for all members of the food system. Producers need information about how to grow for wholesale markets, consumers need to learn about seasonal availability and how to prepare/can/freeze local produce.

**An on-line terminal** is a longer-term plan. There are several challenges along the way, such as that many producers do not use computers and some do not have telephones. These producers would not be able to submit their harvest and price information on-line. A coordinator would probably be required on an on-going basis.

**Storage and processing facilities** already present in Grey Bruce need to be identified and cataloged for potential users. More facilities are probably needed.

**An efficient local food distribution system** is needed. Methods could include: producers deliver, communal drop-offs, Canada Post. Cold storage during shipping is also an issue. GFB could be a testing ground for piloting different delivery methods. Transportation remains a huge issue, especially in our very large geographic area. Financial support to test and develop local transportation/distribution systems would make a significant impact on the development of the local food system.

**Cost of local foods** is perceived to be a problem, but the group was cautioned not to overplay this issue. The retail farmers' market prices at local markets would not be the same as the wholesale prices of produce bought from local producers for the GFB.

**Funding of the GFB** is changing. Current GBPIH and county subsidies are ending this year (2009). Other potential funders must be found. The Local Food Project could partner with the GB GFB to submit a proposal based on the aim to increase the percentage of local foods in the GFB.

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- Scharf K. and Morgan M.L. (1997): *The Good Food Box Guide*. FoodShare Metro Toronto, Toronto.

## A Good Food Box Principles

Start with the food!

- High quality, fresh, nutritious, culturally- and personally-acceptable food is the basis of The Good Food Box.
- Aesthetics matter. Handle food gently, choose contents for colour and variety and arrange carefully for maximum appeal. A beautiful box reflects the fact that the Good Food Box is not a charity.
- Take seriously the fact that customers on a limited budget trust the project with their money and rely on getting food they can use- avoid adding to the stress of food insecurity.
- Be responsive to people's tastes while encouraging people to push their limits and develop and appreciation and love for food. Where does the food come from?
- Develop a purchasing policy that encourages sustainable farming practices, supports the local economy, and takes issues of social justice into account. Educate about the origins of the food. Develop a project that will survive in the marketplace.
- Maintain the dynamic tension between responding efficiently to the marketplace and consumer desires, and responding to the needs of the community that are not expressed through market mechanisms.
- Because people pay for their food, they have the power of the consumer. Flexible and responsive customer service shows respect for customers and ensures their loyalty.
- Marketing and publicity are key. Develop upbeat, media-savvy materials that convey the positive, noncharity-based message that attracts people.
- Work toward sustainability, efficiency, reducing waste, economies of scale.
- Standard box contents and a pre-order system make bulk-buying savings and minimal waste possible.

Build the community and invest in it

- As a community-based business, the goals of the Good Food Box include more than just food delivery: community development, environmentally-sound management of the program, volunteer support and development, nutrition education and food skill education (e.g. a newsletter), health promotion and dissemination of information to other groups, and political education and advocacy.
- Paying for these intangibles means that full economic self-sufficiency is difficult to attain, so diverse sources of funding, staff support and in-kind assistance- and especially a supportive host organization are important.
- Everyone can participate, everyone pays- ensure participation by avoiding stigmatization. Promoting increased fresh fruit and vegetable consumption is a worthy goal for people of all income levels.
- Make the box meet the needs of low-income people and people on social assistance- e.g. have advance payment, then delivery when money and supplies are running low.
- Success rests upon the volunteer work of community members- build a relationship with volunteers that not only supports the programs, but enriches their lives. ([FoodShare 2009](#))

## **B Neighbouring Good Food Box Programs**

### **B.1 Interview Aid**

1. How old is the program?
2. How many boxes do you have on average per month?
3. How many volunteers are involved?
4. Does the program run all year?
5. Does the program include non-produce items (flour, bread, honey etc.)?
6. Does your group include local foods and if so to what extent?
7. What is typically in the boxes?
8. Transportation: Do you have individual growers delivering to the assembly point? Pick it up yourself? Hire someone to pick it up?
9. How is the produce cleaned and packed? In what type of containers?
10. How is it paid for? Prepaid? When delivered? by invoice? Are the prices you pay comparable to food terminal prices (wholesale?) or do you offer price premiums for local produce?
11. Do your contract growers for supplies?
12. Do growers store produce for you, for winter?
13. What problems have you encountered? adequacy of supply? quality/consistency of supply ? reliability of supply? cost of supply?
14. Based on quantity of supply, would it be possible to grow the program?
15. Is the program subsidized? as a whole? the local foods in particular? by whom?
16. Any other ideas, suggestions, comments?

## B.2 County Agricultural and Population Statistics

**Table 4:** *County agricultural statistics*

|            | Land in<br>crops | ha in veg-<br>etables | % in veg-<br>etables | ha in<br>fruits | % in<br>fruits |
|------------|------------------|-----------------------|----------------------|-----------------|----------------|
| Bruce      | 154162           | 408                   | 0.26                 | 80              | 0.05           |
| Grey       | 124915           | 126                   | 0.1                  | 1848            | 1.48           |
| Huron      | 240049           | 2417                  | 1.01                 | 111             | 0.05           |
| Simcoe     |                  | 3637                  | #DIV/0!              | 347             | #DIV/0!        |
| Wellington | 156376           | 453                   | 0.29                 | 133             | 0.09           |

**Table 5:** *County population and GFB statistics*

|        | Population<br>(Statscan, 2001) | # of GFB | GFB per 1000 peo-<br>ple |
|--------|--------------------------------|----------|--------------------------|
| Bruce  | 63892                          | 550      | 8.61                     |
| Grey   | 89073                          | 550      | 6.17                     |
| Huron  | 59701                          | 225      | 3.77                     |
| Simcoe | 377050                         | 380      | 1.01                     |
| Guelph | 114943                         | 325      | 2.83                     |

## **C Coordinators**

### **C.1 Interview Aid**

1. How are things going?
2. How many boxes do you have on average per month?
3. Does the program run all year?
4. Where is the program run out of? Is this venue working out well? Why or why not?
5. How many volunteers are involved? How many hours do you put in per month? How many hours do the other volunteers put in per month?
6. Could you give a description of the contents of a typical box?
7. Do you think some promotion would increase use of this program? Would you be able to handle an increase in demand? (you, volunteers, site?)
8. How essential is the Partners in Health subsidy (paid twice yearly, 250\$ each time) for the program?
9. How many of the boxes are subsidized by the county? How essential are subsidies for individuals in your program?
10. Is your group interested in local foods?
11. Do you know of any local growers that could supply veggies/fruit? Who?
12. How difficult would it be to accommodate supplies from a second or multiple sources? What problems would you expect?
13. How could the seasonality of local supplies (high in summer and fall, low in winter and spring) be accommodated?
14. Financially, how could supplies from a second source be handled?
15. If including local foods increased either the volunteer time needed or the costs involved, how would that affect your program?

16. How much interest is their in your program/group in increasing the range of items in the GFB (flour/bread, honey, maple syrup etc.)? Do you have the capacity to do this?
17. Any other ideas, suggestions, comments?

## C.2 Results

**Table 6:** *Current condition of Grey Bruce GFBs*

| GFB Site | State of the program | Average number of boxes | Months per year |
|----------|----------------------|-------------------------|-----------------|
| 1        | good                 | 73                      | 10              |
| 2        | okay                 | 90                      | 10              |
| 3        | okay                 | 100                     | 10              |
| 4        | great                | 74                      | 10              |
| 5        | great                | 75                      | 10              |
| 6        | okay                 | 30                      | 12              |
| 7        | good                 | 75                      | 11              |
| 8        | good                 | 60                      | 10              |
| 9        | great                | 175                     | 12              |
| 10       | great                | 50                      | 10              |
| 11       | good                 | 50                      | 10              |
| 12       | good                 | 56                      | 10              |
| 13       | good                 | 90                      | 10              |
| 14       |                      |                         |                 |
| 15       | good                 | 60                      | 10              |

**Table 7:** *Host organizations and volunteer involvement*

|    | Type of host organization | Number of<br>volunteers<br>involved | Number of<br>hours per<br>month and<br>volunteer | Number of<br>hours per<br>coordinator |
|----|---------------------------|-------------------------------------|--|---------------------------------------|
| 1  | community organization    | 25                                  | 3.5  | 14                                    |
| 2  | church                    |                                     | 5  | 14                                    |
| 3  | church                    | 17                                  | 2  |                                       |
| 4  | church                    | 15                                  | 1.5  | 11                                    |
| 5  | municipality/band         | 10                                  | 3  | 6                                     |
| 6  | church                    | 5                                   | 2.5  | 12                                    |
| 7  | church                    | 25                                  | 3  | 10                                    |
| 8  | municipality/band         | 2                                   | 1.5  | 7                                     |
| 9  | municipality/band         | 23                                  | 2  | 30                                    |
| 10 | community organization    | 7                                   | 2  | 10                                    |
| 11 | church                    | 4                                   | 3.5  | 9                                     |
| 12 | municipality/band         | 1                                   | 4.5  | 15                                    |
| 13 | church                    | 10                                  | 3  | 7.5                                   |
| 14 |                           |                                     |  |                                       |
| 15 | community organization    | 6                                   | 3  | 2                                     |

**Table 8:** *Typical GFB contents*

|    | Typical contents   |
|----|--|
| 1  | potatoes, bananas, tomatoes, peppers, lettuce/spinach, apples, onions, asparagus, oranges, celery, broccoli, cucumber, cauliflower |
| 2  | potatoes, carrots, onions, bananas, apples, tomatoes, plus whatever is available   |
| 3  | potatoes, carrots, onions, apples, oranges, bananas, grapes, cabbage, turnip, yams, broccoli, radish                               |
| 4  | potatoes, onions, carrots, apples, lettuce, orange, cucumbers, beets, turnips, broccoli, cauliflower                               |
| 5  | potatoes, carrots, onions, apples, peppers, cabbage, sweet potatoes, broccoli, cauliflower, orange                                 |
| 6  | potatoes, onions, carrots, tomatoes, lettuce, celery, broccoli   |
| 7  | potatoes, carrots, onions, plus whatever is available  |
| 8  |  |
| 9  | potatoes, onions, carrots, apples, plus whatever is available  |
| 10 | potatoes, tomato, broccoli, apple, orange, celery, lettuce, cabbage, onions  |
| 11 | potatoes, onions, carrots, lettuce, bananas, plus whatever is available  |
| 12 | potatoes, onions, carrots, plus whatever is available  |
| 13 | potatoes, carrots, onions, broccoli or cauliflower, lettuce or spinach, peppers, tomatoes, cucumbers, apples, oranges              |
| 14 |  |
| 15 | 5lb potatoes, 2 lb carrots, 1 or 2lb onions, 1.5 or 3 lb apples, banana, lettuce, plus whatever is available                       |

**Table 9: Promotion and meeting increases in demand**

|    | Promotion<br>increase use of this<br>program | would<br>Program would be able<br>to handle an increase in<br>demand | Interest in including<br>non-produce items |
|----|--|--|--|
| 1  | yes  | yes  | don't know                                 |
| 2  | yes  | yes  | don't know                                 |
| 3  | yes  | no   | don't know                                 |
| 4  | yes  | yes  | some                                       |
| 5  | yes  | yes  | don't know                                 |
| 6  | yes  | yes  | some                                       |
| 7  | yes  | yes  | some                                       |
| 8  | no   | yes  | some                                       |
| 9  | already do a lot of pro-<br>motion           | yes  | some                                       |
| 10 | yes  | yes  | some                                       |
| 11 | yes  | yes  | don't know                                 |
| 12 | yes  | no   | yes  |
| 13 | already do a lot of pro-<br>motion           | yes  | some                                       |
| 14 |  |  |  |
| 15 | already do a lot of pro-<br>motion           | yes  | yes  |

**Table 10: Importance of PIH subsidy**

|    | Importance of PIH subsidy | Number of boxes<br>subsidized by<br>county (% of total) | Importance of for individu-<br>als? |
|----|---------------------------|---|-------------------------------------|
| 1  | essential                 | 17  | helpful                             |
| 2  | essential                 | 5   | essential                           |
| 3  | helpful                   | 12.5  | essential                           |
| 4  | not needed                | 40  | essential                           |
| 5  | essential                 | 55  | essential                           |
| 6  | helpful                   | 58  | essential                           |
| 7  | not needed                | 0   | not needed                          |
| 8  | essential                 | n/a   | n/a                                 |
| 9  | essential                 | 5   | helpful                             |
| 10 | essential                 | 25  | essential                           |
| 11 | helpful                   | 50  | helpful                             |
| 12 | helpful                   | n/a   | n/a                                 |
| 13 | essential                 | 41.5  | essential                           |
| 14 |                           |   |                                     |
| 15 | helpful                   |   |                                     |

**Table 11:** *Including locally-produced foods*

|    | Interested in locally-produced foods | Knowledge of local growers that could supply veggies/fruit | Incorporation of supplies from a second or multiple sources |
|----|--------------------------------------|--|---|
| 1  | yes                                  | yes  | difficult   |
| 2  | yes                                  | no   | very difficult  |
| 3  | yes                                  | yes  | difficult   |
| 4  | somewhat                             | yes  | difficult   |
| 5  | somewhat                             | yes  | manageable  |
| 6  | yes                                  |  | difficult   |
| 7  | yes                                  | yes  | manageable  |
| 8  | yes                                  | yes  | difficult   |
| 9  | somewhat                             | no   | very difficult  |
| 10 | somewhat                             | no   | difficult   |
| 11 | somewhat                             | no   | difficult   |
| 12 | somewhat                             | no   | very difficult  |
| 13 | yes                                  | yes  |   |
| 14 |                                      |  |   |
| 15 | yes                                  | yes  | easy  |

## D Producers

### D.1 Grey Bruce Producer Survey

#### The Grey Bruce Good Food Box Program

The Good Food Box (GFB) program is a not-for-profit fresh fruit and vegetable distribution system. Its goals are to improve people's access to affordable food, promote healthy eating, support local farmers, encourage sustainable agriculture and promote community development.

The program operates like a large buying club, with customers ordering and paying for their boxes in advance. Once a month, produce is purchased in bulk – mostly at the Ontario Food Terminal – and packed by volunteers. Customers pick up their produce at the local site, where they receive a box with 12-13 items of fruits and vegetables. There are 15 GFB sites in Grey Bruce, with an average of 75 boxes each: Together they pack more than 1000 boxes per month.

A typical box costs \$15 and includes: 5 lbs potatoes, 2 lbs carrots, 2 lbs onions, 3 lbs apples, lettuce + other items depending on availability.

The Grey Bruce Agriculture & Culinary Association has received a Partners In Health (PIH) grant to investigate the potential for including more locally grown fruits and vegetables in the Grey Bruce Good Food Box Program. The purpose of this survey is to assess the interest and ability of local producers to supply produce to the Grey Bruce GFB.

The information collected will be treated confidentially and will not be made available to third parties. It will be presented at a meeting of the project participants (coordinators, distributors, producers, public health and county officials) in September 2009 in Owen Sound and included in a report to the Grey Bruce Agriculture and Culinary Association and Partners in Health.

1. Business Name
2. Business Contact Information
3. I am the operator of the business named above and I have read and understand the purpose of this survey. I understand the information I provide will be treated in a confidential manner and will be presented in a meeting at the Grey Bruce Health Unit in Owen Sound in September 2009 and included in a report to the Grey Bruce Agriculture and Culinary Association and Partners in Health.

4. Based on the short introduction to the Good Food Box program, are you interested in wholesaling to the program in Grey Bruce in the future? (please circle one) Yes No Maybe
5. Are you willing and able to deliver the produce to within .... of your farm? (please circle one) 10km 20km 30km 40km 50km 60km 70km
6. Are you interested in growing produce on contract with the Good Food Box program? (please circle one) Yes No Maybe
7. What types of produce do you grow?
8. On a different note, do you currently donate produce to your local food bank? (please circle one) If not, what prevents you from doing so? Yes No

## D.2 Results

**Table 12:** *Producer interest in the GFB program and donation to food banks*

| Producer | Interested in whole-selling | Delivery within x km | Interested in contracts | Donate to Food bank | Why or why not?  |
|----------|-----------------------------|----------------------|-------------------------|---------------------|--|
| 1        | Yes                         | 40 km                | Yes                     | No                  | Did not think fresh produce is accepted                    |
| 2        | Maybe                       | 60 km                | Maybe                   | No                  |  |
| 3        | Yes                         | 40 km                | Yes                     | Yes                 | Did not think fresh produce is accepted                    |
| 4        | Yes                         | 30 km                | Yes                     | No                  |  |
| 5        | Maybe                       |                      | Maybe                   | No                  | Donate elsewhere / Did not think fresh produce is accepted |
| 6        | Maybe                       | 10 km                | No                      | No                  | Never been asked   |
| 7        | Yes                         |                      |                         |                     | Never been asked   |
| 8        | Yes                         | 20 km                | Yes                     | No                  |  |
| 9        | Maybe                       |                      | No                      | Yes                 | Insufficient produce                                       |
| 10       | Maybe                       |                      | No                      | No                  |  |
| 11       | Maybe                       | 20 km                | Maybe                   | No                  | Donate elsewhere   |
| 12       | Maybe                       | 30 km                | Maybe                   | No                  |  |
| 13       | No                          |                      |                         |                     | Donate elsewhere, no connections                           |
| 14       | Yes                         | 20 km                | Maybe                   | No                  |  |
| 15       | Yes                         | 30km                 | Maybe                   | Yes                 | Donate elsewhere, no connections                           |
| 16       | Yes                         | 70km                 | Maybe                   | No                  |  |
| 17       | Maybe                       |                      | Maybe                   | No                  |  |

**Table 13:** *Types of produce, quantities, seasonality and storage capacity.* \* Average Size: 1 = less than 1 acre, 2 = between 1 and 5 acres, 3 = between 5 and 10 acres, 4 = more than 10 acres

| Produce                  | # of producers | Average Size* | Harvest – Start | Harvest – End | Producers with Storage | Duration of Storage |
|--------------------------|----------------|---------------|-----------------|---------------|------------------------|---------------------|
| Potatoes                 | 5              | 1.6           | June            | November      | 3                      | months              |
| Carrots                  | 7              | 1.29          | June            | November      | 4                      | weeks/months        |
| Onions                   | 5              | 1.4           | June            | November      | 4                      | days/months         |
| Apples                   | 7              | 3.43          | August          | November      | 4                      | days/weeks/months   |
| Lettuce/spinach          | 5              | 1             | May             | November      | 3                      | days                |
| Broccoli and cauliflower | 2              | 2             | July            | October       | 1                      | days                |
| Tomatoes and peppers     | 7              | 1.29          | July            | October       | 3                      | days                |
| Cabbage                  | 4              | 1.25          | July            | March         | 2                      | months              |
| Beans and peas           | 7              | 1.14          | June            | October       | 2                      | days                |
| Squash                   | 7              | 1.86          | July            | February      | 5                      | weeks/months        |
| Asparagus                | 2              | 3             | May             | June          | 1                      | days                |
| Turnips                  | 2              | 1             | June            | March         | 2                      | months              |
| Beets                    | 3              | 1.2           | June            | March         | 3                      | weeks/months        |
| Cucumbers                | 4              | 1.25          | July            | October       | 2                      | days                |
| Berries                  | 4              | 2.25          | June            | July          | 2                      | days                |
| Other fruit              | 4              | 2             | June            | July          | 1                      | months              |
| Other vegetables         | 5              | 1.4           | May             | October       | 2                      | days/months         |

## **E Distributors**

### **E.1 Interview Aid – Distributors**

1. How many and which sites do you supply with produce?
2. How long have you been involved with the program?
3. How are things going with the program from your perspective? Great Good  
Okay Badly Very badly
4. Financially, for you, is the program ...? Profitable Break even/cover ex-  
penses Charity/donation
5. How do you feel about including local produce in the program?
6. What problems/challenges would you expect in trying to incorporate local  
produce?
7. How do you think those problems/challenges could be resolved?
8. Any other ideas, comments, suggestions?

**Table 14:** Contact information for the participants of the study *Local Food and the Grey Bruce Good Food Box*

| Name                          | Organization & Address                     | E-mail                                       | Telephone                             |
|-------------------------------|--|--|---------------------------------------|
| Dr. Hazel Lynn                | MOH  | Public Health                                | 519-376-9420                          |
| Chris Munn                    | Director of Health Protection              | Public Health                                | 519-376-9420                          |
| Kathryn Forsyth               | Public Health Dietitian                    | Public Health                                | 519-376-9420                          |
| Maureen Handley               | Director of Health Promotion               | Public Health                                | 519-376-9420                          |
| Lynda Bumstead                | Program Manager Chronic Disease Prevention | Public Health                                | 519-376-9420                          |
| Freeman Boyd                  | Local Food Project                         | Grey & Bruce County                          | fboyd@brucecounty.on.ca               |
| Maria Weijs                   | Local Food Project                         | Grey & Bruce County                          | weijsmar@brucecounty.on.ca            |
| Jenny Amy                     | Chair                                      | Grey Bruce ACA                               | jennyamy@brucetelecom.com             |
| Shery Lee                     | GFB Site Coordinator                       | Beaver Valley Outreach                       | admin@bvo.ca                          |
| Terry Optekamp                | GFB Site Coordinator                       | Cape Croker GFB                              | healthrep@the-matrix.ca               |
| Kim Williams                  | GFB Site Coordinator                       | Kincardine GFB                               | kim.steve19@brucetelecom.com          |
| Alice Burgsma                 | GFB Site Coordinator                       | Lucknow & Area GFB                           | aburgsma@hurontel.on.ca               |
| Tom Trusler                   | GFB Site Coordinator                       | Meaford GFB                                  | truslers@rogers.com                   |
| Anne Finlay-Stewart           | GFB Site Coordinator                       | Owen Sound GFB                               | annekfs@gmail.com                     |
| Andrea Popiez                 | GFB Site Coordinator                       | Walkerton GFB                                | ar.popiez@wightman.ca                 |
| Kathy Ackerman                | GFB Site Coordinator                       | Hanover GFB                                  | kackerman@bmts.com                    |
| Mike Byers                    | GFB Site Coordinator                       | Port Elgin GFB                               | rorybyers@brucetelecom.com            |
| Linda                         | GFB Site Coordinator                       | Warton GFB                                   | salarmy.warton@bmts.com               |
| Neva McVittie                 | GFB Site Coordinator                       | Saugeen First Nations GFB                    | neva_mcvittie@hc-sc.gc.ca             |
| Nikki Findlay                 | GFB Site Coordinator                       | Markdale GFB                                 | nfindlay@brucetelecom.com             |
| Janette Genereaux             | GFB Site Coordinator                       | Tara GFB                                     | jjonmain@yahoo.co.uk                  |
| Sharon Yorke                  | GFB Site Coordinator                       | Teeswater GFB                                | SharonMYorke@gmail.com                |
| Elva Vessie                   | GFB Site Coordinator                       | Durham GFB                                   | 519-369-5363                          |
| Brad McFadden                 | Distributor                                |  | 905-628-4698                          |
| Bill Mahe                     | Distributor – Produce Plus                 |  | 519-376-7817                          |
| Domenic Sanfilippo            | Distributor – Sanfilippo                   |  | 800-966-3665                          |
| Janice Dunbar                 | GFB Coordinator                            | Huron County Health Unit                     | jdunbar@huroncounty.ca                |
| Laurie Malleau                | GFB Coordinator                            | Guelph Garden Fresh Box                      | gfbox@guelphchc.ca                    |
| Debbie Fawcett                | GFB Coordinator                            | Dufferin County                              | debbie.fawcett@sympatico.ca           |
| Mark Redmond                  | GFB Coordinator                            | Simcoe County                                | mredmond@georgian.net                 |
| Cory Eichman                  | Saugeen River CSA                          | 314399 Hwy 6 RR 1 Durham, ON N0G 1R0         | 519 369 3567                          |
|                               | Cassa Del Sol Greenhouses                  | RR6 Markdale ON N0C1H0                       |                                       |
| Cindy Wilhelm                 | Dragonfly Garden Farm                      |  | 519-794-0471                          |
| Ryan Hayhurst & Laura Euesden | Niagara Escarpment Organics                | P.O. Box 469 Clarksburg, ON N0H 1J0          | neo@NEOrganics.ca<br>519.599.5136     |
|                               | Sound View Orchards                        |  | 519-376-3991                          |
| Paisley Johnson               | Maple Lane Orchards                        |  |                                       |
| Raphael & Felicia Keyzer      | Keyzer Fruit Farm                          |  |                                       |
| John Gillespie                |  | RR 2 Ripley Ont NOG 2R0                      | 519 395 5248                          |
| Steve Smith                   | Smiths' Apples & Farm Market               |  | info@smithsapples.com<br>519-832-2971 |
| Janice McKean                 | The Ark Farm                               | Tiverton                                     |                                       |
| Roger Dykstra                 | Dykstra Orchards                           | 304 Clark Street RR 2, Clarksburg On N0H 1J0 | 519-599-7669                          |
| Andrew Barrie                 | Barrie's Farm Market                       | 46 3rd St., Hanover ON                       | 519-369-6729                          |
| Elmer Brubacher               | Kinloss Produce                            | 1404 Grey Ox Ave. R R 5 Lucknow ON N0H 2H0   |                                       |
| Allan & Melinda Albrecht      |  | R.R. 4 Kincardine N2Z 2XF                    | 395 3593 or 3586                      |
| Lyn O'Keefe                   | O'keefe Grange                             |  |                                       |
|                               | Kuepfer's Organic Produce                  | 2508 Bruce Road 15, Tiverton ON N0G 2T0      |                                       |
| Gail Murray                   | Bev Murray Farms                           |  |                                       |