



B.C. First Nations Head Start **How do you start a Good Food Box in your community?**

(BCFNHS *Growing Together* newsletter, ISSUE 3, Spring 2003, p.6)

FoodShare Toronto publishes a Good Food Box guide (see details opposite) which will help you get started. Talking to other groups is really helpful, especially groups which serve similar types of community.

Sechelt's Syaykw Head Start talked to the Nanaimo Good Food Box program for information and advice about how to set up a program. People who have already gone through the process can answer your questions, point you in the right direction, and get you thinking about things which you might not have considered.

The Good Food Box Guide: How to Start a Program in Your Community

By Kathryn Scharf and Mary Lou Morgan

Lays out the history, philosophy and principles of the project. Logistics are also covered in sections dealing with staff and administration, promotion and marketing, fundraising, deliveries and equipment, box contents, newsletter and customer service. Examples of newsletters, promotional pamphlets, sample box contents, work rhythms and growth mechanics. A summary of a professional evaluation that was carried out on the Good Food Box is also included for use with potential supporters and funders.

Cost: \$25

Order from FoodShare Toronto

How Does Our Garden Grow: A Guide to Community Gardening Success

By Laura Berman

Fundraising, organizational structure, leadership, suggested rules and regulations for peaceful co-existence among gardeners, site acquisition and site selection, as well as site design, maintenance guidelines, tools and equipment, gardening with children and for people with disabilities. Appendices provide horticultural information, composting and soil testing fact sheets and reference and resource lists. Detailed "month by month" sections provide succinct start-up information for any community garden, regardless of location.

Cost: \$25

Order from FoodShare Toronto

FoodShare Toronto

Web site: <http://www.foodshare.net/gfbox.htm>

Web site has names and contact info for all the Good Food Box community programs across Canada, including B.C. Read a history of the program, learn about community gardening, find resources to order, and get recipes and ideas from the FoodShare Good Food Box newsletters.

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Vancouver's Good Food Box program

Web site: <http://www.vcn.bc.ca/gfb/homepage.htm>

Web site has recipes, a nifty slide show, and some good dietician links.

The Good Food Box

c/o REACH Community Health Centre

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