



**Goodly Foods** makes delicious soups, stews and sauces by repurposing surplus produce and creating unique community employment opportunities.

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## NUTRITION FACTS VALEUR NUTRITIVE

Per 1 cup (250 mL)  
pour 1 tasse (250 mL)

<b>Calories 35</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 9 g	
Fibre / Fibres 2 g	7%
Sugars / Sucres 3 g	3%
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 350 mg	15%
Potassium 250 mg	5%
Calcium 30 mg	2%
Iron / Fer 0.4 mg	2%

\* 5% or less is a **little**, 15% or more is a **lot**

\* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**.



## PRODUCT INFORMATION

**Size:** 4 Litre Poly Sous Vide Bags 12" x 18"

**Case:** 5 bags / case = 20 litres 15" x 10" x 10"

**Locally Made, Lovingly Sourced**

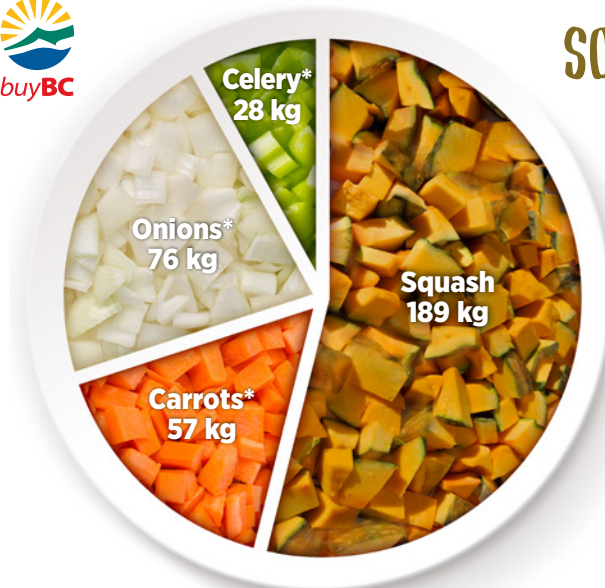
Made in Vancouver, BC

Our delicious **Simply Squash Soup** was developed by celebrated Vancouver Chef, **Karen Barnaby**.

The ingredients are simple – squash seed milk (water, squash seeds and pulp), squash, onions, carrots, celery, salt, granulated garlic, cinnamon, dried ginger, and nutmeg – but the flavours are classic and comforting.

By using the skins of the squash and making our own seed milk from the strained seeds and pulp, we continue to honour our commitment to creating as little waste as possible. The resulting pureed texture is smooth and silky, showcasing the flavour of the squash with hints of warm aromatic spices.

Use within 28 days or put in freezer. Keep refrigerated, heat to serve.



Up to **350 kg** of produce repurposed  
with **154 kg** of CO2 emissions averted

## SOCIAL & ENVIRONMENTAL IMPACT WITH EVERY 1000 LITRES OF SOUP MADE



A portion of **every batch made is donated** to local food banks



**Over 80 hours** of supported, living wage employment

As a social enterprise Goodly Foods is creating unique employment opportunities while repurposing surplus produce. Through our partnership with H.A.V.E. Culinary Training Society we offer food industry jobs for people who experience barriers to employment.

\*We make every effort to source surplus carrots, onions, and celery when available, often seasonally.