



**WELCOME TO GOODLY.™** We make incredibly great-tasting, wholesome food using surplus produce that would have otherwise gone to waste. Those slightly imperfect tomatoes, excess squash, oversupply of potatoes, beets and other hearty vegetables make excellent soups, stews and irresistibly nourishing meals. Try us and enjoy the beauty of Good Food!



## NUTRITION FACTS VALEUR NUTRITIVE

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

<b>Calories 90</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 3.5 g	5%
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2%
<b>Carbohydrate / Glucides</b> 11 g	
Fibre / Fibres 3 g	11%
Sugars / Sucres 1 g	1%
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 10 mg	
<b>Sodium</b> 700 mg	30%
Potassium 225 mg	5%
Calcium 30 mg	2%
Iron / Fer 1 mg	6%

\* 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:** 500 ml Deli Container

**Case:** 8 500ml/case = 4 litres L 10" x W 10" x H 7"

**Shelf Life:** 42 days

**Lovingly Made, Locally Produced**

Made in Vancouver, BC

Our delicious **Beef Mushroom Barley Soup** was developed by celebrated Vancouver Chef, **Karen Barnaby**.

Goodly Foods philosophy is to use as close to 100% of the ingredients we receive as possible and this soup is partially made from perfectly wholesome and edible mis-shapen mushrooms, surplus tomatoes, and kale, celery, and carrot trimmings.

They are teamed up with tender beef and barley to create a sumptuous and full bodied soup. Celery and onions add lightness, the mushrooms are savory and the barley adds a rich texture. This soup is a meal in a bowl.

Keep refrigerated. Use within the best before date or freeze. Heat to 74°C to serve.

## SOCIAL & ENVIRONMENTAL IMPACT WITH EVERY 1,000 LITRES OF SOUP MADE



**33.41%**  
Mushrooms

**13.98%**  
Beef

**12.88%**  
Onions

**11.04%**  
Carrots

**11.04%**  
Tomatoes

**8.83%**  
Barley

**5.89%**  
Celery

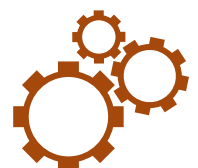
**2.94%**  
Kale



Up to **244 kg**  
of produce  
repurposed  
with **107 kg**  
of CO2  
emissions  
averted



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



Goodly provides  
over **80 hours** of  
supported, living  
wage employment