

GOODLY™

Cooking With Potential

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@GOODLYFOODS



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)

Calories 70	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 9 g	
Fibre / Fibres 3 g	11%
Sugars / Sucres 4 g	4%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 430 mg	19%
Potassium 450 mg	10%
Calcium 30 mg	2%
Iron / Fer 0.5 mg	3%

* 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 **Classy Carrot 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 carrot trimmings.

They are paired with yams and apples to add sweetness and a rich texture. Onions amplify the savoury notes. The soup is pureed to a velvety smoothness.

It is then lightly salted and seasoned with cumin and Mexican-style chili powder for an aromatic and slightly spicy finish.

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



Up to **197 kg** of produce repurposed
with **87 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 charities



Over 80 hours of supported, living wage employment