



**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 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:** 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 **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.

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



Up to **350 kg** of produce repurposed with **154 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