



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 90	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 3.5 g	5%
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2%
Carbohydrate / Glucides 11 g	
Fibre / Fibres 3 g	11%
Sugars / Sucres 1 g	1%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 10 mg	
Sodium 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: 4 Litre Poly Sous Vide Bags 12" x 18"

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

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

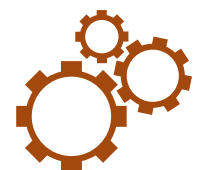
2.94%
Kale



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



In addition to making exceptional food, Goodly™ is a unique social enterprise right down to its core. We employ and pay a living wage to our workers who have barriers to traditional employment. On top of learning valuable and marketable skills and being able to support themselves and their families, they make food they are extremely proud to serve.