



**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 80</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> 19 g	
Fibre / Fibres 3 g	11%
Sugars / Sucres 2 g	2%
<b>Protein / Protéines</b> 2 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 460 mg	20%
Potassium 450 mg	10%
Calcium 20 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"

**Locally Made, Lovingly Sourced**

Made in Vancouver, BC

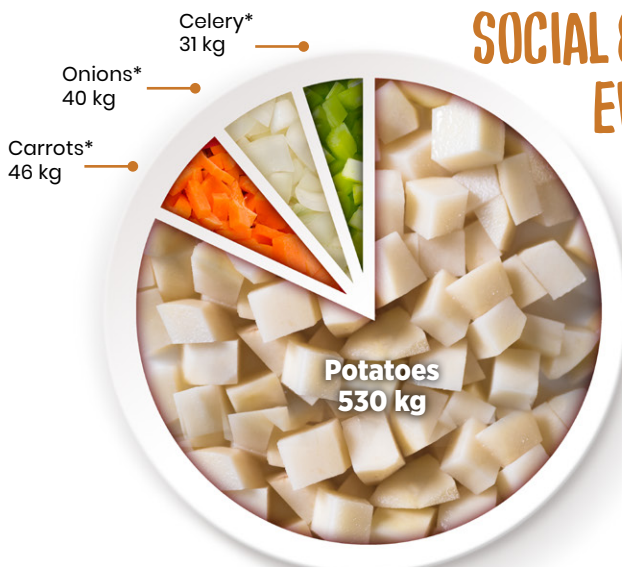
Our delicious plant-based **Purely Potato Soup** was developed by celebrated Vancouver Chef, **Karen Barnaby**.

The ingredients are simple – water, potatoes, carrots, onions, celery, prepared grainy mustard (water, mustard seeds, vinegar, salt, sulphites, citric acid), salt, granulated garlic, dried parsley, dried thyme – but the flavours are classic and comforting.

The smooth texture of the cooked potatoes is satisfying on its own but the diced vegetables, combined with the dried herbs accented by a hint of grainy mustard, add another subtle layer of texture and taste.

With each of our products, every attempt is made to create as little waste as we can, using skins and seeds wherever possible.

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



Up to **647kg** of produce repurposed with **285 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.