

Good Food Club

- The Good Food Club is a club for purchasing top quality produce at wholesale prices through the power of bulk buying. Buying local whenever possible, and relying on volunteers to help with many aspects of the club, keeps overhead costs low. These savings ensure that club members get the most value for their dollar.
- The Good Food Club contains a variety of nutritious vegetables and fruits each month. The produce changes from month to month and season to season to ensure member satisfaction and to get as much food as possible for the value of each order.
- Each box contains a copy of Food Talk and Nutrition Times Newsletters.
- An on-site exchange table is available on Good Food Club Pick-Up day for those individuals who wish to exchange a particular food item for another at the ST. BARNABAS CHURCH DEPOT ONLY.
- Members do not need to purchase a box each month and may order more than one box if desired.
- Any box not picked up on pick-up day is donated to either the Salvation Army Emergency Shelter, the Root Cellar Food & Wellness Hub or a family in need. The payment for that box is not carried forward.
- Orders can be picked up by anyone designated by the club account member.

I. Good Food Club Membership

- Membership is open to anyone who wishes to join.
- Membership is from January to December.
- Membership fees are waived for college students, and Bridges and Best Babies clients.
- There are two (2) types of memberships available:

Volunteer	\$10 / year	<ul style="list-style-type: none"> • After June 30th \$5/year • Volunteer a minimum of 8 hours per year (4 hrs. after June 30th)
Non-Volunteer	\$30 / year	<ul style="list-style-type: none"> • After June 30th \$15/year • No volunteer commitment required

II. Volunteering

- Volunteer Opportunities
 - There are numerous volunteering opportunities as a Good Food Club volunteer member. We need volunteers to: host workshops & lead community kitchens; be depot coordinators; check produce prices; pack, re-pack and wash bins; write receipts; promote the club at events, etc. See the “Volunteering” section on our website: foodconnections.ca for full descriptions and more opportunities.
 - ****Postponed during COVID**** Each month there is a Good Food Club Advisory Meeting which takes place on the dates indicated on the following page. Decisions about the Good Food Club and box contents are made at this meeting. People who attend receive 1 hour towards their volunteer hours.
- How to Volunteer
 - It is the responsibility of the Good Food Club member to contact the Food Security Coordinator at 403-502-6096 or communityfoodconnections@gmail.com to sign up for volunteer roles.

III. Payment

- Payment is due on or before the first Thursday of each month and members are encouraged to pay for next month’s box when they pick up their order.

Good Food Club Prices		
Small	Medium	Large
\$10	\$15	\$20

- Payment may be made at:
 - Any Good Food Club Depot on pick-up day - 2nd Thursday of each month
 - Redcliff Library - Monday to Thursday 10:00am – 8:00pm, Friday & Saturday 10:00 – 5:00pm
 - Online orders can be placed on our secure website at www.foodconnections.ca

2022 Good Food Club Member Guidelines

IV. 2022 Payment, Pick-Up & Meeting Dates

Order Due Dates – 1st Thursday of the Month	Pick-Up Dates – 2nd Thursday of the Month
January 6	January 13
February 3	February 10
March 3	March 10
April 7	April 14
May 5	May 12
June 2	June 9
July 7	July 14
August 4	August 11
September 1	September 8
October 6	October 13
November 3	November 10
December 1	December 8