

**Good Food Club**

- The Good Food Club is a club for purchasing top quality foods 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 HILLCREST CHURCH DEPOT ONLY.
- Members do not need to purchase a box each month and may order more than one box if desired.

**I. Good Food Club Membership**

- Membership is open to everyone who wishes to join.
- Membership is from January to December.
- Membership fees are waived for college students.
- There are two (2) types of memberships available:

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

**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 boxes; write receipts; promote the club at events, etc. See the “Volunteering” section on our website: [foodconnections.ca](http://foodconnections.ca) for full descriptions and more opportunities.
  - Each month there is a Good Food Club Advisory Meeting which takes place at Hillcrest Church at 1pm 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](mailto:communityfoodconnections@gmail.com) to sign up for volunteer roles. For your convenience, a volunteer sign-up sheet is set out on pick-up day and at the advisory meeting.

**III. Payment**

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

<b>Good Food Club Prices</b>		
<b>Small</b>	<b>Medium</b>	<b>Large</b>
\$10	\$15	\$20

- Payment may be made at:
  - Any Good Food Club Depot on pick-up day - 2<sup>nd</sup> Tuesday of each month
  - Community Health Services (2948 Dunmore Rd. SE) - Monday to Friday: 8:30 am – 4:30pm
  - Medicine Hat College Student’s Association - Monday to Friday: 9:00am – 4:00pm
  - REDI Enterprises - Monday to Friday: 9:00am – 4:00pm
  - Redcliff Library - Monday to Thursday 10:00am – 8:00pm, Friday & Saturday 10:00 – 5:00pm
  - Y’s Choice Wellness - Monday to Friday 2:00pm – 6:00pm

**2017 Good Food Club Member Guidelines**

**IV. Good Food Club PICK-UP Day**

- Club members are asked to supply their own packing box or grocery bags upon arrival to pick up their order.
- Members may pick up their order themselves, or send another person to do so.
- Orders are not kept past pick-up day and any unclaimed boxes are donated to the Emergency Shelter.
- Members must indicate their preferred pick-up location at time of payment.

<b>Location</b>	<b>Time</b>
Hillcrest Church gym (3785 - 13 <sup>th</sup> Ave SE)	2:00pm – 6:30pm
Medicine Hat College Student's Association (299 College Dr. SE)	1:00pm – 3:00pm
REDI Enterprises (860 Allowance Ave SE)	1:00pm – 3:00pm
Community Health Services (2948 Dunmore Rd. SE)	1:00pm – 4:00pm
École Les Cyprès (945 1 Ave SE)	2:15pm - 3:15pm
Monsignor McCoy High School (202 – 8 <sup>th</sup> St. NE)	3:00pm – 5:00pm
Y's Choice Wellness (415 - 3 <sup>rd</sup> Street SE)	2:00pm – 6:00pm
Elm Street School (1001 Elm Street SE)	2:00pm – 3:30pm
Medicine Hat & District Food Bank (532 South Railway St. SE)	1:00pm - 3:00pm
Redcliff Public Library (131 Main Street SE)	4:00pm – 6:00pm

**V. 2017 Payment, Pick-Up & Meeting Dates**

<b>Payment Due Dates – Last Tuesday of the Month</b>	<b>Advisory Committee Meeting Dates – 1<sup>st</sup> Tuesday of the Month</b>	<b>Pick-Up Dates – 2<sup>nd</sup> Tuesday of the Month</b>
December 27, 2016	January 3, 2017	January 10, 2017
January 31, 2017	February 7, 2017	February 14, 2017
February 28, 2017	March 7, 2017	March 14, 2017
March 28, 2017	April 4, 2017	April 11, 2017
April 25, 2017	May 2, 2017	May 9, 2017
May 30, 2017	June 6, 2017	June 13, 2017
June 27, 2017	July 4, 2017	July 11, 2017
July 25, 2017	August 1, 2017	August 8, 2017
August 29, 2017	September 5, 2017	September 12, 2017
September 26, 2017	October 3, 2017	October 10, 2017
October 31, 2017	November 7, 2017	November 14, 2017
November 28, 2017	December 5, 2017	December 12, 2017
December 26, 2017	January 2, 2018	January 9, 2018