

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.

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, Bridges and Best Babies clients, and those who pick up at the Food Bank Depot.
- 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.
 - 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 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.

| 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
 - Community Health Services (2948 Dunmore Rd. SE) - Monday to Friday: 8:30 am – 4:30pm
 - 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
 - Online orders can be placed on our secure website at www.foodconnections.ca

2020 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, Food Bank or a family in need.
- Members must indicate their preferred pick-up location at time of payment.

| Pick-Up Location | Pick-up Times |
|---|----------------------|
| St. Barnabas Anglican Church Hall <i>(635 4 St SE - please use rear entrance facing 5th St SE)</i> | 12:00pm – 4:00pm |
| REDI Enterprises <i>(860 Allowance Ave SE)</i> | 1:00pm – 3:00pm |
| Community Health Services <i>(2948 Dunmore Rd. SE)</i> | 1:00pm – 4:00pm |
| École Les Cyprès <i>(945 1 Ave SE) – except in July & August</i> | 2:15pm - 3:15pm |
| Monsignor McCoy High School <i>(202 – 8th St. NE) – except in July & August</i> | 3:00pm – 5:00pm |
| Y's Choice Wellness <i>(415 - 3^d Street SE)</i> | 2:00pm – 6:00pm |
| Elm Street School <i>(1001 Elm Street SE) – During July & August boxes can be picked up at River Valley Community Church - 1101 Queen Street SE</i> | 2:00pm – 3:30pm |
| Medicine Hat & District Food Bank <i>(532 South Railway St. SE)</i> | 1:00pm - 3:00pm |
| Southridge YMCA <i>(644 Spruce Way SE)</i> | 4:30pm-6:30pm |
| Redcliff Public Library <i>(131 Main Street SE)</i> | 4:00pm – 6:00pm |

V. 2020 Payment, Pick-Up & Meeting Dates

| Payment Due Dates – Last Tuesday of the Month | Advisory Committee Meeting Dates – 1st Thursday of the Month | Pick-Up Dates – 2nd Thursday of the Month |
|--|--|---|
| December 31, 2019 | January 2, 2020 | January 9, 2020 |
| January 28, 2020 | February 6, 2020 | February 13, 2020 |
| February 25, 2020 | March 5, 2020 | March 12, 2020 |
| March 31, 2020 | April 2, 2020 | April 9, 2020 |
| April 28, 2020 | May 7, 2020 | May 14, 2020 |
| May 26, 2020 | June 4, 2020 | June 11, 2020 |
| June 30, 2020 | July 2, 2020 | July 9, 2020 |
| July 28, 2020 | August 6, 2020 | August 13, 2020 |
| August 25, 2020 | September 3, 2020 | September 10, 2020 |
| September 29, 2020 | October 1, 2020 | October 8, 2020 |
| October 27, 2020 | November 5, 2020 | November 12, 2020 |
| November 24, 2020 | December 3, 2020 | December 10, 2020 |
| December 29, 2020 | January 7, 2021 | January 14, 2021 |