



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 of any combination of sizes desired.
- Any box not picked up on pick-up day is donated to either the Root Cellar Food & Wellness Hub, the Veiner Centre, the Mustard Seed Emergency Shelter, 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.

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

Payments with cash or cheque may be made at:

Any Good Food Club Depot on pick-up day - 2nd Thursday of each month
 Community Health Services, 2948 Dunmore Road SE – Monday-Friday 8am-4:15pm
 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

IV. 2025 Payment & Pick-up Dates

Order Due Dates – 1st Thursday of the Month	Pick-Up Dates – 2nd Thursday of the Month
January 2, 2025	January 9, 2025
February 6, 2025	February 13, 2025
March 6, 2025	March 13, 2025
April 3, 2025	April 10, 2025
May 1, 2025	May 8, 2025
June 5, 2025	June 12, 2025
July 3, 2025	July 10, 2025
August 7, 2025	August 14, 2025
September 4, 2025	September 11, 2025
October 2, 2025	October 9, 2025
November 6, 2025	November 13, 2025
December 4, 2025	December 11, 2025