

## Membership Form

Please tear off this section and drop it off or mail it to:

### THE GOOD FOOD CLUB

104-222 Furby St., Winnipeg MB R3C 2A7  
204-774-7201 ext. 6

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

### ANNUAL MEMBERSHIP TYPES

Please check:

- ☐ Active/Low income \$5  
☐ Supporting/Middle income \$25  
☐ Organizational/Business/Associate \$50

*For Low Income membership details, please see  
Good Food Club staff! Charitable tax receipts available  
for Supporting and Organizational/Business memberships.  
Cheques payable to Good Food Club.*

#### Office Use:

- ☐ Orientation Package given ☐ Added to database  
☐ Added to phone/email list ☐ Member card mailed

### HOUSEHOLD TYPE

*In order for us to create the  
best possible programs for  
our community, please provide  
the following information:*

- ☐ Single  
☐ Common Law/Married  
☐ Common Law/Married  
with dependents

If dependents, how many?

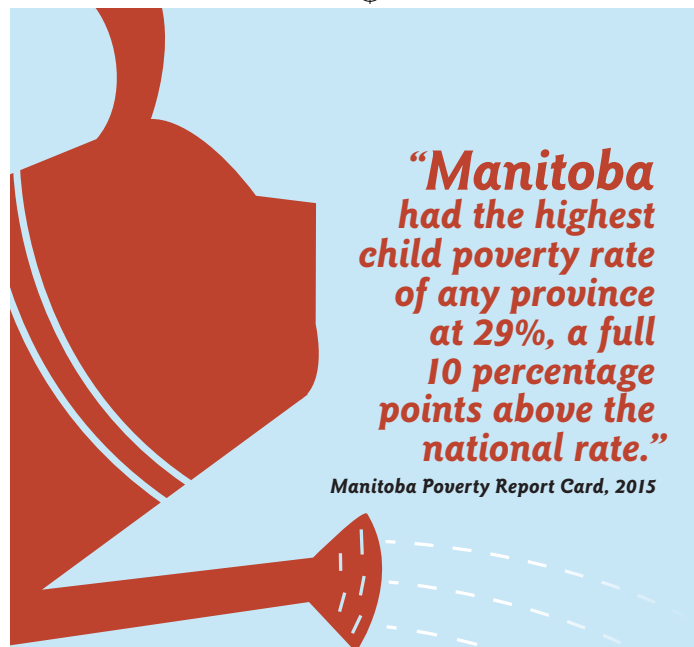
- ☐ Newcomer to community  
(less than 1 yr)  
☐ Newcomer to Canada  
(new to Canada in  
last 5 yrs)

### WHAT ARE YOU INTERESTED IN?

Please check applicable:

- ☐ Collecting Sweat Points  
☐ Cooking for community  
dinners  
☐ Assembling Good  
Food boxes  
☐ Trips to the farm  
☐ Assisting at the  
veggie market  
☐ Workshops  
☐ Fundraising

Other? Please explain ...



**“Manitoba  
had the highest  
child poverty rate  
of any province  
at 29%, a full  
10 percentage  
points above the  
national rate.”**

*Manitoba Poverty Report Card, 2015*

### Why the Good Food Club?

Many individuals and families in West Broadway live below the poverty line and have little access to fresh, affordable food. Good Food Club not only provides members with low-priced fruits, vegetables and other local foods, it addresses the root causes of poverty, isolation and poor health. Members access valuable volunteer and skill-building opportunities and connect with the broader West Broadway neighbourhood through activities ranging from farmer's markets to cooking classes, weekly farm trips and numerous community building social events.



WEST BROADWAY COMMUNITY ORGANIZATION  
104-222 Furby St., Winnipeg MB R3C 2A7  
goodfoodclub@westbroadway.mb.ca  
www.westbroadway.mb.ca/good-food-club  
204-774-7201 ext. 6



*The Good Food Club  
makes healthy, nutritious,  
affordable food available  
in West Broadway and  
inner-city Winnipeg.*

**All are welcome!  
Please join today!**

**The Good Food Club is a leading-edge food security and community building program that provides a hand up, not a hand out. Members take part in the program at the level they choose, make friends, learn new skills and participate in healthy living.**

## *What do we do?*

### **Mini Market/Good Food Box**

- > Markets/ Good Food Box Pick-ups are held every second Wednesday from October to May at Broadway Neighbourhood Centre [185 Young St.].
- > The market offers affordable local foods including fresh fruits and vegetables, bison and natural beef, chicken, eggs, lamb and fish. A variety of other locally produced products such as bread, crafts, cheese, jewellery, jams and preserves are also available.
- > Upon request, Good Food Boxes, containing a pre-selected assortment of fruits and vegetables can be pre-ordered and prepared for pickup at the market, or delivery.

### **Community Dinners**

- > Offered periodically from October to May at Broadway Neighbourhood Centre [185 Young St.].
- > Sit down with your neighbours to delicious food and local entertainment.

### **Cooking Classes**

- > From October to May, we plan a menu, cook and share a meal together. It's a great way to meet new people, learn new skills and eat fantastic food, plus there's always leftovers to take home!



### **West Broadway Farmers' Market**

- > Fresh local vegetables are available for sale, with reduced prices available for members with Sweat Points.
- > Every Wednesday, July through September from 3:00–6:00 p.m. on the front lawn of 545 Broadway.

### **Trips to the Farm**

- > In the summer months, we offer transportation to a local farm (15 min. outside of the city limits) which uses organic farming methods.
- > We help with seeding, weeding, watering and harvesting vegetables and we learn about organic farming.
- > Members volunteer for Sweat Points and a generous field lunch is provided.

### **Children & Youth Programs**

- > In the summer months: youth oriented trips to the farm.
- > From September to June: Kids Cooking Classes are held every second Wednesday.

### **Sweat Points**

- > GFC members can volunteer at markets or community dinners in exchange for Sweat Points. For every hour worked, members earn 10 points. The points can then be redeemed for 80% of the cost of a Good Food Box or vegetables from the outdoor market or discounted entry to a community dinner.

### **Annual Memberships**

#### **ACTIVE/"LOW INCOME" \$5**

- > Receive event notices and newsletter
- > Volunteer for Sweat Points
- > Free workshops
- > Member discounts at West Broadway Farmers' Market

#### **SUPPORTING/"MIDDLE INCOME" \$25**

- > Receive event notices and newsletter
- > Volunteer opportunities
- > Free workshops
- > Member discounts at West Broadway Farmers' Market
- > Charitable tax receipt

#### **ORGANIZATIONAL/BUSINESS/ASSOCIATE \$50\***

- > Support our program!
- > Receive event notices and newsletter
- > Volunteer opportunities for large staff groups
- > Support acknowledged in newsletter
- > Charitable tax receipt

*\*Donations above this amount gratefully accepted*

