

Membership Form

Please return this form with payment to:

Good Food Club

748 Broadway, Winnipeg MB, R3G 0X3
204-774-7201 ext. 6

Name: _____

Pronouns (circle): she/her he/him they/them
Other: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

How did you hear about us? _____

How many people are in your household?

Annual Membership Types

Please check one:

- | | |
|---|------|
| <input type="checkbox"/> Active/Low Income | \$5 |
| <input type="checkbox"/> Supporting/Middle Income | \$25 |
| <input type="checkbox"/> Organizational/Business | \$50 |

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

What drew you to the Good Food Club?

Please check all that apply:

- I need help accessing food
- I want to eat healthier
- I want to get out of my home more
- I want to meet new people
- I'm interested in workshops and events
- I'm interested in volunteering
- I'm a senior interested in senior programming
- I want to support programs like GFC in the community

Office Use:

- | | |
|--|--|
| <input type="checkbox"/> Added to email list | <input type="checkbox"/> WBCO mailing list |
| <input type="checkbox"/> Added to copper | <input type="checkbox"/> Membership survey |
| | <input type="checkbox"/> Added to database |

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 farmers' markets to cooking classes, skill-building workshops, and numerous community building social events.



Contact Us

West Broadway Community Organization

748 Broadway
Winnipeg, MB, R3G 0X3

204-774-7201 ext. 6

goodfoodclub@westbroadway.mb.ca

www.westbroadway.mb.ca/programs/good-food-club



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?

Good Food Boxes

(October–June)

- A Good Food Box is a bag of assorted vegetables and fruits prepackaged by the Good Food Club (GFC). Fruit and vegetables are purchased from a wholesale store allowing us to sell Good Food Boxes at a more affordable cost than your typical grocery store.
- Three sizes are available:

Large \$20	Medium \$15	Small \$8
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- Good Food Box pick-ups are held every second Wednesday from October to June at 185 Young St. See GFC calendar for dates.
- Good Food Boxes must be ordered a week in advance.

West Broadway Farmers' Market

(July–October)

- Every Wednesday, July to mid-October from 3:00–6:00pm in the BNC field (185 Young St).
- All are welcome to attend. Local vegetables, meat, baking, crafts and more are available for purchase. Enjoy live music and the company of neighbours!
- Join us for Family Day at the market in July and Seniors' Day at the market in September.



Special Events

- Community dinners offered in October and December. Sit down with your neighbours to delicious food and local entertainment.
- Annual Valentine's Day Self-Care Event.
- Annual Spring Tea Party.

Cooking Classes/Skill-Building Workshops

- Throughout the year we offer a variety of cooking classes, nutrition classes and other workshops. It's a great way to meet new people, learn new skills, and get new ideas for eating healthy on a budget.

Seniors' Programming

- Gentle exercise classes.
- Skill-building workshops, social events, field trips.
- Healthy Seniors and Friends Steering Committee. Help plan events and give feedback on GFC programming at our monthly meetings.

Volunteering

- The GFC is a small organization that relies on volunteers to help run our programming. Volunteers help pack Good Food Boxes, set up West Broadway Farmers' Market, help at community dinners, and more! Contact us for more information and current opportunities.

Annual Memberships

ACTIVE/"LOW INCOME" \$5

- Receive event notices and newsletters
- Volunteer opportunities
- Free workshops

SUPPORTING/"MIDDLE INCOME" \$25

- Receive event notices and newsletters
- Volunteer opportunities
- Free workshops
- Charitable tax receipt

ORGANIZATIONAL/BUSINESS \$50*

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

*Donations above this amount gratefully accepted

