

## MEMBERSHIP FORM

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

**The Good Food Club**  
608 Broadway  
Winnipeg, MB R3C 0W8

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 .....\$50

Charitable tax receipts available for Supporting and Organizational/Business memberships. Cheques payable to West Broadway Development Corporation.

### What are you interested in?

Please check as many as apply:

- 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...  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WHY THE GOOD FOOD CLUB?

55% of families and 70% of individuals live below the poverty line in West Broadway and struggle to afford healthy food. (Census Canada)

*Downtown Winnipeg (including West Broadway) has the worse health outcomes in Winnipeg for diabetes, cardiovascular diseases and mental health conditions. (Downtown Population Health Profile, Canada Health Act Report 2004)*

Access to nutritious food helps improve our neighbourhood's overall health.

*Increasing average fruit and vegetable consumption by one serving/ day results in direct savings to our health care system. (Manitoba Local Food System Report: Manitoba Food Charter 2008)*

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

### Donate now!

*Help us make a food secure community and support skills development!*



**West Broadway Development Corp**  
608 Broadway, Winnipeg, MB R3C 0W8  
goodfoodclub@westbroadway.mb.ca  
www.westbroadway.mb.ca



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

- | Member-Driven | Community-Based |
- | Fresh, Natural, Local Food |
- | Ecologically-Conscious |
- | Food Justice, Security, Sovereignty |

Help us create food security so that all people, at all times have access to safe, nutritious food to meet dietary needs for an active and healthy life.

All welcome!  
Please join today!



**West Broadway Development Corp.**



# WHAT DO WE DO?

## Sweat Points (SP)

"Active" GFC members can volunteer in exchange for Sweat Points (SP). For every hour you work, you earn 10 points. The points can then be redeemed for food.

## Community Cafés

- Offered once a month from September to March. Please join us for this community dinner at Crossways in Common (222 Furby St.).
- Sit down with your neighbour to delicious food and local entertainment.
- Volunteer at cafes and earn SP, or use your SP to pay your entrance fee!

## Trips to a local farm

- In the summer months we offer transportation every Friday to the Wiens Family Farm, which is 30 minutes drive from West Broadway, just past the perimeter.
- At the farm we help with weeding and harvesting vegetables and learn about organic vegetable farming.
- Members volunteer on the farm for SP and lunch is provided.

## Urban Agriculture

- In partnership with Klinik Community Health Centre, we are working with the Landless Farmer's Collective to grow food to help address food insecurity in the neighbourhood at the corner of Broadway and Good St. Come by and visit!

## Good Food Boxes (GFB)

- Healthy food boxes with a mix of fruit, vegetables and dry goods are available to members once a month from October to April. Food is local whenever possible.
- The GFB operates on the principle of bulk buying; if we buy in large quantities we are able to buy more than if you bought these things at the store individually.
- Individual and family boxes are available at a reasonable cost. SP can be used towards 80% of the cost of the boxes. A small delivery charge may apply outside of West Broadway.

## Veggie Van Market

- Fresh local vegetables are available for sale or for SP.
- Thursdays, July through September from 4 – 6 pm.
- The Market is located in the parking lot at the Klinik Community Health Centre 545 Broadway.
- Members can volunteer at the Market for SP.



## ANNUAL MEMBERSHIPS

### Active/"Low income"

\$5

- Support our program!
- Receive notices of events and newsletter
- Volunteer for Sweat Points
- Workshops

### Supporting/"Middle income"

\$25

- Support our program!
- Receive notices of events and newsletter
- Charitable tax receipt
- Volunteer opportunities

### Organizational/Business

\$50\*

- Support our program!
- Receive notices of events and newsletter
- Charitable tax receipt
- Support acknowledged in newsletter

\*Donations above this amount gratefully accepted

