

# Food Packages

## \$25 One Adult

### Frozen Foods:

Meat: Pork chop, hamburger, chicken, Ham, Bacon, Beef Burger, Stewing Beef, Sandwich meat, hot dogs

Vegetables: Corn, Peas of Mixed, Beans, Broccoli/ Cauliflower mix,

Hash browns & French Fries,  
Other: Perogies, Margarine

### Fresh Foods:

Potatoes, Carrots, Onions, Broccoli  
2 each bananas, apples, oranges  
1 L juice, 1 L milk, Eggs (6), Margarine

### Dry Goods

Pasta sauce, Kraft dinner, tuna, 2 cans soup, 2 instant noodles, hot/cold cereal (3 each), sugar, pasta (2), rice, bread

## \$25 Family Packages

### \$25 Family Fruit & Veggie

6 each bananas, apples, oranges  
6 each potatoes, carrots, onions  
3 broccoli

Frozen veggies (3 of 3 types)  
3 pkg perogies (6 - 8 in pkg)  
2L juice  
2 loaves bread  
4 cubes margarine

### \$25 Family Meat

5 pork chops  
5 hamburger  
5 chicken  
5 ham  
1 dozen eggs  
2 bologna  
2 pkg hot dogs  
2 loaves bread

### \$ 25 Family Variety

4L milk  
4L juice  
4 canned meals  
4 soup  
4 tuna/lucheon meat  
6 hot cereal  
6 cold cereal

## \$12.50 Packages

### \$12.50 General

Frozen: 4 meat, sandwich meat, hotdogs, 2 veggies, perogies, margarine, potatoes

Fresh: potatoes, carrots, broccoli, onions  
Banana, apple, orange  
Eggs (6)

Dry goods: rice, pasta, soup, tuna, vegetable, Instant Noodles  
Cereal (2 hot, 2 cold), Sugar

### \$12.50 Meat

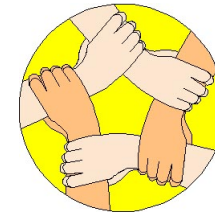
2 x 5 meat  
Sandwich meat  
Tuna  
Hot dogs  
6 eggs

### \$12.50 Fruit & Veggie

6 fruit  
onions/potatoes/carrots/broccoli  
6 frozen veggies, 2 frozen potatoes, perogies  
eggs (6)  
1L juice  
1 mushroom soup

### \$12.50 Canned Goods

1 stew  
2 soup  
1 baked beans/meat balls  
2 pasta meals  
1 luncheon meat  
2 tuna  
1 vegetable  
1 Juice crystals



Partners in Hope

Food  
Co-op



## High Fibre -- \$10

Nuts and Seeds: 100g Trail mix; 2 Granola bars  
Fruit and Vegetables: 2 Bananas, 1 apple, 1 orange, broccoli, bean mix, peas, carrots)  
Legumes: 1 can baked beans, 1 can chili  
Wheat: 1 whole wheat bread, 3 servings bran flakes/shreddies, 3 servings oatmeal -- quick oats or instant oatmeal  
Protein: 1/2 dozen eggs; 2 cans tuna fish

## High Protein/Low Carb

\$10  
Meat: 2 chicken, 1 pork chop, 1 hamburger, 4 hotdogs, 1 can tuna  
Fruit: 2 bananas, 1 orange, 1 apple  
Vegetables: carrots, broccoli, 2 frozen veggies  
Dairy: 1L 2% milk, 6 eggs

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E-mail: [food@partnersinhope.ca](mailto:food@partnersinhope.ca)  
Website: [www.partnersinhope.ca](http://www.partnersinhope.ca)

## Partners In Hope Food Co-op

To order call: 604-929-3552 or 604-862-0873 E-mail: [food@partnersinhope.ca](mailto:food@partnersinhope.ca)

### Purpose

Members of this co-op will be pooling their resources to purchase foods in bulk and then distribute them in individual meal portions. The focus of our efforts in this food co-op is to ensure we have a variety of nutritious food to eat throughout the month -- particularly the last couple of weeks in the month and during the 5<sup>th</sup> week of a 5 week month.

### Participants

Anyone on a fixed or limited income is welcome to participate in the co-op. Financial need will be assessed but the purpose is to help each other extend limited resources during times of financial stress and challenge. A typical co-op member would be one receiving income assistance, pensioners, someone entering the workforce at a part-time salary with limited income, or someone experiencing financial hardship through employment layoffs or job loss.

### Placing Orders

*Orders need to be made Monday to Wednesday before 6pm for delivery or pick-up on Friday.* It is essential to know early if you are ordering because fresh foods are purchased for the number of individuals who are participating in the co-op that week.

**Order Monday-Wednesday  
for delivery on Friday**

### Pick-Up Date

The co-op operates on Fridays. Food is delivered in the following areas: **Downtown, 41<sup>st</sup> Avenue and north to Coal Harbour, Rupert and west to Main Street.** For multiple orders to one building exceptional addresses may be included. Other orders can be picked up at the co-op or arrangements made for a convenient meeting place within the delivery areas noted above. ***Delivery or pick-ups are scheduled between 12 - 2 or 2 - 4 p.m. on Fridays.*** Note: You **MUST** be home during delivery times or arrange for someone to receive the food for you.

### Payment

It is suggested that payment for the entire month be made right after "cheque day" so food is available throughout the month on a weekly or bi-weekly basis. **Payment can be made when food is picked up or delivered.** Because of high costs for cheques that do not clear the bank, payment must be made in cash or money order. **Failure to pay or late cancellation of an order require the next order to be paid in advance.**

### 13<sup>th</sup> Week Free Bonus for Monthly Orders

For those who pay monthly we offer a **10% discount.** For those who order \$25/week and pay monthly, there is a discount price of \$90/month. For those who order \$12.50 weekly and pay monthly there is a discount price of \$45.00 per month. Once a quarter, for those on pensions or subsidy, there is a 5-week month. For those who become monthly order co-op members, this extra week (the 13<sup>th</sup> week) is given free.

### Standard Package Contents

Costs of the food packages are kept to a minimum through bulk buying according to the number of weekly co-op participants. Therefore, the contents of the packages are set. On occasion, minimal adjustments are made, if possible, for someone suffering from particular food allergies.

However, **any combination of food packages can be ordered from week to week** throughout the month. For example, a \$25 package (Estimated to feed one adult well for 3 meals a day for one week) can be combined with any \$12.50 package. A \$25 package can be ordered one week and a \$12.50 another week and so on. We suggest you look in your cupboards and order packages based on what you need.

**New Offerings:** As of September 2008 we are pleased to offer two new boxes - one highlights protein and low carbs and the other is high fibre. Details of box contents are listed on the other side..

For one week of healthy eating we recommend:

- One adult: \$25
- One adult and small child -- a combination of a \$25 and a \$12.50 package.
- Two adults - 2 x \$25 packages or a combination of packages totaling \$50
- A family of 4 - 6 -- one each of the \$25 meat, fruit & veggie, and variety