

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/luncheon 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

557 E. 21st Avenue
Vancouver, BC V5V 1R5
To order: 604-929-3552 or 604-862-0873
Office: 604-215-0335
E-mail: food@partnersinhope.ca
Website: www.partnersinhope.ca

Partners In Hope Food Co-op

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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 5th 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, 41st 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.**

13th 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 13th 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