

WE EACH EQUALLY GIVE WHAT WE CAN

You can engage in regular volunteering, drop in for a casual shop shift or take on a project volunteer role, or realise your own creative project. For keen beans, our coordinator and director roles are tossed up regularly. Just let us know what interests you!

RECEIVE DISCOUNTS

Members of Thoughtful Foods 10%
(also available to members of other food co-operatives)

Volunteers at Thoughtful Foods 30%
(2 hours or more that week)

Exception to discounts include pre-paid bread and fruit and vegetable boxes as well as products already discounted.

STAY IN THE KNOW

The weekly bulletin and other email lists
Members can elect to receive up-to-date information about opening hours, stock arrivals, events and more via email.

Thoughtful Volunteers Fb group

For members who are interested in getting more involved through volunteering, join our Facebook group to learn about the latest opportunities, get trained up and enjoy the rewards!

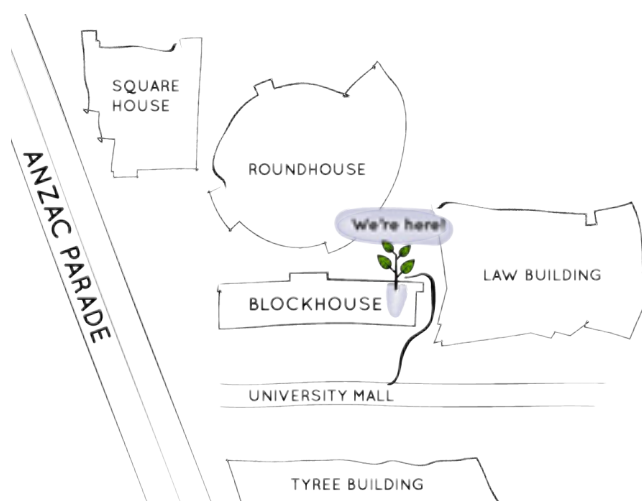
OPENING HOURS

During UNSW Terms

Tuesday: 11:30am - 5 pm
Wednesday: 10:30am - 5 pm
Thursday: 9am - 7pm
Saturday: 11:30am - 4 pm
Closed Mondays, Fridays and Sundays

NB: Please understand that while we try our best to be dependable, as we are volunteer run these times are subject to change. Please check in the information boards in store, ask our volunteers, give us a call, or **check our website** or **Facebook page for the most up to date opening hours.**

Please consult our website or Facebook page for out of session opening hours.



UNPACKAGED ORGANIC FOODS MADE ACCESSIBLE.

WE BUY THEM IN BULK SO YOU DON'T HAVE TO.
GOOD FOR THE PLANET AND GOOD FOR YOU.



 **thoughtful** foods

Pigweed Food Co-operative trading as Thoughtful Foods

www.thoughtfulfoods.org.au

www.facebook.com/thoughtfulfoodcoop

Email info@thoughtfulfoods.org.au

Room G10H, Part Ground Floor, Blockhouse Building (G6) Lower Campus University of NSW

WHAT IS THOUGHTFUL FOODS?

Everyone is welcome to shop at Thoughtful Foods! We are your local, member-owned and volunteer-run not-for-profit food co-operative. Join the family and get weekly organic fruit and veggie boxes, pay by weight groceries, volunteering opportunities and good vibes. We aspire to live by the ideas of food sovereignty and food democracy as one of many organisations actively reshaping the food system by supplying ethically, socially and environmentally conscious products. Our members and volunteers create the opportunities for customers to create positive impacts on the food supply.

WE BUY AND SELL PRODUCTS THAT ARE:

- Organic and Bio-dynamic
- Vegetarian and Vegan
- GMO free
- Locally produced
- Bulk and minimally packaged



HOW DOES IT WORK?

You can be as involved as you like! You can join the family as a member and receive discounts on most items. Volunteers receive further discounts.



PRINCIPLES AND VALUES

Co-operatives are based on explicit values and principles articulated in the International Co-operative Alliance's Statement on Co-operative Identity. These are the values of self-help, self-responsibility, democracy, equality, equity and solidarity.

In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

HONESTY POLICY

Most of our products are bought in bulk and priced by the kilo, so you can **bring your own containers** to fill, and weigh items yourself!

BECOME A MEMBER

All are welcome! The \$20 annual membership fees are due each February. All new members also buy a \$10 share that is refundable and remains valid as long as your membership is active.

*Fees drop to \$15 on 1st June and \$10 on 1st September.

PRE-PAID ORDERS

Members are able to order pre-paid, weekly fresh produce. This includes organic fruit and vegetable boxes and bread, both of which are delivered weekly on Thursdays.



THE SEVEN CO-OP PRINCIPLES ARE:

1. Voluntary and open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training and information
6. Co-operation amount co-operatives
7. Concern for community