

WE EACH EQUALLY GIVE WHAT WE CAN

You can engage in regular volunteering in the shop, casual shop shifts or take on a project volunteer role. For keen beans, there are also coordinator roles and directors are elected annually at the AGM. Just let us know what interests you!

RECEIVE DISCOUNTS

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

Volunteers of Thoughtful Foods **30%**
(3 hours or more that week)

* Exceptions to discounts include pre-paid bread, fruit and vegetable boxes (including add-ons), bulk orders, glass jars and calico bags, as well as already discounted products.

* Members receive a 21% discount on bulk orders.

STAY IN THE KNOW

Bulletin

The co-op bulletin is where you'll receive the latest information about opening hours, new products, volunteering opportunities and upcoming events.

Social media and other platforms

For the latest follow us on Facebook and Instagram. We also have a FB Community Group where our members share recipes and tips, and a FB Volunteers Group for our volunteers.

Members can also join the veggie add-on WhatsApp group to receive order reminders and the weekly list of available items to add to their box.

OPENING HOURS

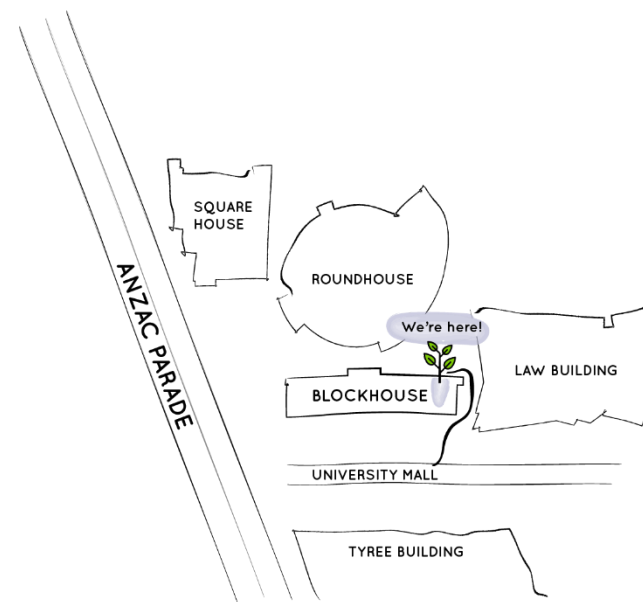
During UNSW Terms

Tuesday:	10:30am – 5pm
Wednesday:	12pm – 5pm
Thursday:	9am – 7pm
Saturday:	10:30am – 4pm

Closed on Mondays, Fridays, Sundays, and public holidays.

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

Please consult the aforementioned channels for our out-of-session opening hours.



Room G10 Blockhouse Building, Lower Campus, UNSW

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/thoughtfulfoodscoop

www.instagram.com/thoughtfulfoods

office@thoughtfulfoods.org.au

Room G10H, Part Ground Floor, Blockhouse Building (G6) Lower Campus UNSW

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 sound 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
- Ethically sourced



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.

HONESTY POLICY

Most of our products are bought in bulk and priced by the kilo or 100 grams, so you can bring your own containers to fill, and weigh items yourself!



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.

BECOME A MEMBER

All are welcome! The \$25 annual membership fees are due each February. All new members also buy a \$10 share that is refundable and remains valid as long as the membership is active.

*Fees drop to \$20 on 1/6, \$15 on 1/9 and \$10 on 1/12.

PRE-ORDERING

Members can pre-order weekly groceries, and fresh produce. This includes organic fruit and vegetable boxes, organic bread. These orders are pre-paid and placed by Tuesday 5pm for pickup on the same Thursday. Additionally, members who have ordered an organic box can add-on produce to their order. Members can also bulk order groceries.



SEVEN CO-OP PRINCIPLES

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 among co-operatives
7. Concern for community