

R-OWN FOOD COOP



Great value, quality food, save time, make friends and get involved

- Anyone can buy a membership
- Cost: \$5.00 per year for administration costs
- Member participation
- Volunteer for at least one R-Own Food Co-op per year
- Honest and responsible action of all members

We believe in:

- Buying food in bulk at local suppliers
- Providing quality food for a low price to each member
- Providing the Opportunity for nutritionally balanced meals

Food orders fees must be paid by fees due date at:

Women's Outreach

4808 51 Ave
Monday - Friday
8:30am - Noon - 1:00pm - 4:00 pm

or on Pick-Up Day

11:00pm - 2:00 pm
At the Salvation Army Church
4837 - 54 St.

- Members must pick up their food orders before closing time (2:00 pm).
- Orders not picked up are sold to other members.**
- You may have someone else pick up your order if you cannot make it.

Full Food Order Includes

1 produce Order @ \$11.00
1 Meat Order @ \$14.00
Total cost \$25.00

Produce Order – \$11.00

Fresh Vegetables
Fresh Fruit
Starch Food such as pasta or potatoes or rice

Meat Order – \$14.00

Hamburger
Pork
Chicken

Members may buy a full or partial food order each month.

R-Own Food Co-op is a member driven, self-supporting service. We provide quality food based on balanced nutritional need by linking a strong community with local suppliers.

Check our brochure for monthly Order and Deliver dates.

Suppliers for Programs:

↳ [Red Deer Coop](#)
↳ [Great Canadian Warehouse](#)