

MEMBERS OF THE
SMART FAMILIES
FOOD CO-OP:

1. **SAVE MONEY**
2. **SAVE TIME**
3. **MAKE FRIENDS**
4. **GET INVOLVED WITH THE COMMUNITY**
5. **LEARN VALUABLE SKILLS**



IN PARTNERSHIP WITH:

Prince Albert Food Coalition
River Bank Development Corporation
Bernice Sayese Community Centre
Prince Albert Parkland Health Region
Co-operative Health Centre

MEMBERSHIP

Membership is open to any family or individual in the community. There is a one-time membership fee of \$10.00 which helps with administrative costs.

Membership entitles you to:

- A vote at annual and special meetings
- \$5.00 off coupon for food box
- Membership card
- Newsletter/publications
- An opportunity to become involved in decision making
- Volunteer opportunities
- Up to three large and three small food boxes per month
- The first step to eating well and living a healthy life

SMART FAMILIES
FOOD CO-OP

Check out our web page at
www.pafoodbox.ca

Phone: 306-763-0242
Fax: 306-763-4245
E-mail:
smartfamiliesfoodcoop@yahoo.ca



**A SIMPLE WAY
TO EAT HEALTHY
AND SAVE TIME
AND MONEY
TOO!**



River Bank Development Office located
inside the
Bernice Sayese Centre
1350 15th Ave West
Prince Albert, Sk
S6V 4S1

TEL: (306) 763-0242

SMART FAMILIES FOOD CO-OP

Our Mission Statement

...to provide value-priced fresh fruit and vegetables to help members eat healthier, while saving time and money.

How Does The Food Co-op Work?

SFFC uses the money from food box orders to buy fruit and vegetables in bulk, then divides and repackages all items into food boxes.

What Is In The Good Food Box?

Each Good Food Box contains a variety of seasonal fruits and vegetables:

The \$20.00 box contains:

- 3 different fruits
- 5 different vegetables-
- 1-3 staple items

The \$10.00 box contains:

- 3 different fruits
- 4-5 different vegetables



WHERE DO I PAY?

River Bank Development Corporation

(inside Bernice Sayese Centre)
1350 15th Ave West
763-0242

Prince Albert Arts Centre

1010 Central Ave
953-4811

Prince Albert Cooperative Health Centre

110 - 8th St East, ask for Tracy
953-6264

SIAST Woody's Tuck Shop

Main Building
953-7015

Carlton Comprehensive High School

School Office
922-3115

Addiction Services

101 15th St. E.

Northern Lights Casino

WHERE DO I PICK UP?

Bernice Sayese Centre

Noon - 4 pm

Co-op Health Centre

***FOR MEMBERS WHO PAY AT
CO-OP HEALTH CENTRE**

1pm - 3pm



MEMBERSHIP OPPORTUNITIES

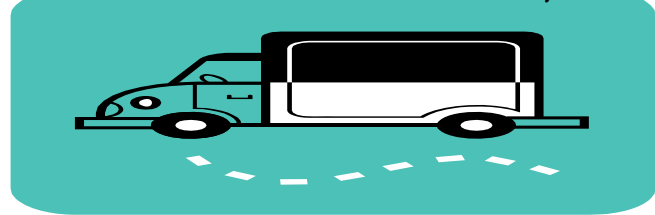
For every nine boxes you purchase, members will receive the 10th box **FREE!!** Also, if you refer someone to buy a membership, you will receive a **FREE** stamp on your membership card!!!

CAN'T GET OUT??

We can deliver!!

Delivery charge of \$2.00/box for home delivery on orders under 5, on orders over 5 boxes, a \$1.00 delivery charge.

**those who pay at a payment location other than River Bank, or Arts Centre, \$1.00/box will be added to cover cost of delivery.*



THANK YOU to our faithful volunteers from:

- KIN Enterprises
- SIAST Way To Work program
- Co-op Members