



Manly Food Co-op

September 2008

Newsletter

Edition No. 22

Make a Difference

Good food, good people and the opportunity to participate in a true community enterprise – this is what Manly Food Co-op offers past, current, and future members.

With the global food price crisis likely to drive up the price of grains and the products made from them, now is the time to join us in taking our food future into our own hands.

Volunteering with the Co-op is a hands-on way to do this. There are plenty of opportunities in all those activities that make a community-owned enterprise successful. No matter how long you have to spare, your offer of time and energy makes a positive contribution.

If you desire greater involvement why not consider applying to join the Co-op's Board of Directors. The Board oversees the operation and direction of the Co-op but does not directly intervene in the operation of the Shop. You would need to commit to a monthly evening meeting and take on a specialist task, but the results could be very satisfying if you have the time to spare.

Volunteer for Lunch

The Co-op is in great need of sufficient volunteers to fill in, for an hour each day, while the Shop Co-ordinators have their lunch-break.

We need people who can be available:

- regularly (on a particular day), or
- on-call (when required)

Being *on-call* simply means you could possibly do a shift if called upon at short notice. You are not committed to come every week, but you may be able to help the Co-op in a time of need, such as when someone is unwell and unable to attend.

Member Revival ...

The Co-op is actively seeking members, both past & present, to help revive support for our wonderful not-for-profit, community-owned & run, low-no waste, organic food co-operative.

Previous Members: If you have previously been a member and not currently renewed you may like to consider paying us a visit and reviving your membership.

Current Members: Perhaps you can promote the Co-op to your friends, family, and work colleagues/boss, and encourage them to join.

Gift Ideas

The Co-op is a great place to get climate-friendly gifts for your family and friends. For example:

- Fair-trade Cocolo Chocolates
- Inana Essential Oils
- The Vegan Cookbook
- Fair-trade Aceh Thongs
- A selection of delicious jams, and chocolates.



As a not-for-profit organisation the Co-op provides great value for money, but it does mean we are constantly working hard to stay afloat. Your membership and/or volunteer support is always greatly appreciated!

Trading Hours

Sunday	closed
Monday	closed
Tuesday	9:30am–5:30pm
Wednesday	9:30am–5:30pm
Thursday	10:00am–8:00pm
Friday	9:30am–5:30pm
Saturday	9:00am–5:00pm

Business Benefit

Consider getting your workplace to join Manly Food Co-operative.

Businesses can become Co-op members and reap the benefits just as individuals, families, and households do.

Business members can purchase:

- bulk, 'green', biodegradable cleaning products;
- bulk catering products such as tea, coffee, sugar, salt, pepper, snacks, and fruit;
- & much more including hand crafted, tasty goodies to reward your hard working staff and clients!

Market the Co-op

Is marketing, media, PR, graphic design, sign writing, printing, painting, or carpentry your skill? Well, here's an opportunity to make the Co-op a more exciting place to shop, and at the same time help improve its financial viability.

A number of people around the Co-op have formed a Marketing Team to develop a marketing strategy and do other things to help broaden the Co-op's customer base.

You don't need to have marketing experience to join the Marketing Team. Simply being a member with a genuine interest in helping improve and promote the Co-op is all you need.

For more information on joining the Marketing Team please contact Russ Grayson on 0414 065 203 - info@pacific-edge.info - or visit the Co-op and give the Shop Co-ordinator your details.

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