

How I can support True Food

Please tick any of the following that you are interested in:

Regular shopping at True Food	
Being an ambassador—support us on social media, promote us in your community	
Serve customers at the till	
Restocking the shop	
Helping to open/close the shop	
Cleaning in the shop	
Maintenance	
Community events	
Marketing/Website	
Administration	
IT	
Please tell us how else you can help:	

Talk to us for more information about these roles, pick up a Task Leaflet or look online.

True Food Community Co-operative

61 Grove Road

Emmer Green

Reading

RG4 8LJ

0118 946 1188

organics@truefood.coop

www.truefood.coop

Facebook: True Food Community Co-operative

Instagram: Truefoodcoop

Twitter: True Food Coop

True Food is a Registered Society under the Co-operative and Community Benefit Societies Act 2014 and is regulated by the Financial Conduct Authority.

Visit our website for our Constitution and more information about membership, including data protection.

Join our community



Shop Manager & Member Kat with tasters for Organic September



true food
co-op

established 1999

About True Food

We are a Community Co-operative business, owned and run by our members, with a shop that is open to everyone.



Our aim is to support people on their individual journey towards more sustainable lifestyles.

We do this by selling organic, ethical, zero-waste food and household products, and providing support and education.

We've been operating in Reading since 1999 and have had our Emmer Green shop since 2010.

We have five paid staff; the rest of the business activity is delivered by members and other volunteers.

We welcome people to join the True Food community who share similar values around organic, ethically sourced products and zero-waste.

Membership

Membership is for anyone in our community who feels that being part of True Food can help make a tangible difference to the environmental issues we currently face.

It's also a great way to be more connected with what's going on at True Food. You'll be the **first to know** about new products and events and there's a **monthly member discount** on specific products.

If members volunteer with True Food, you will receive **monthly discounts** on your shopping of **5%**, **10%** and **15%** depending on how many hours you can offer each month.

This work includes shop based tasks such as till work, restocking and cleaning, as well as work behind the scenes on marketing, helping at community events and maintenance.

Your support could simply be shopping with us and being a **True Food ambassador** by following us on social media, putting up posters and leaflets in your community and generally raising awareness with people you know.

Anything you do for your co-op is rewarded, and is rewarding for you.

Membership costs **£5** and is open to anyone aged 16 and over.

Join us

Title: _____

First name: _____

Surname: _____

Address: _____

Postcode: _____

Phone number: _____

Email: _____

We contact members by email and occasionally by phone to let them know about offers, events, newsletter updates, requests for volunteering and membership renewals. By signing below you are agreeing to these forms of contact.

Membership fee: £5

Voluntary donation: £ _____

Signature: _____

Date: _____

Office use Membership card no.: _____ Mgr: _____