

Information about membership of True Food

True Food is a registered co-operative. It is owned and run by its members. Anyone who is over 16 and shares our aims can become a member.

The principles on how we operate are set out in our Rules, also known as our Constitution. These rules have been approved by the Financial Conduct Authority and can be found [here](#). They set out our membership policy; how we elect our committee (directors), their powers and duties; what we do with our profits and many other fundamentals of how we are run. As a member you agree to be bound by these rules.

Below are some of the key things you need to know about being a member of True Food.

Membership basics

Costs

Membership can start at any time and currently costs £5. Of this £1 is invested in True Food as your 'share' in the business. Everyone in True Food has a £1 share and their liability is limited to this amount.

Membership must be renewed each year in January but there is no cost to this. If you don't renew your membership, cancel it, or otherwise cease to be a member, then your £1 share is cancelled and becomes the property of True Food.

Obligations

Under our rules, members agree to attend general meetings and take an 'active interest' in the operation and development of the Co-operative and its business. All members have an equal say in how we run and develop our business. Active interest can take many forms from regular shopping and promoting True Food as an 'ambassador' to helping run the business.

Benefits

Membership brings with it a range of benefits such as product discounts and invitations to events. It also includes discounts for time spent volunteering as set out on our website. The benefits may change from time to time, but any significant changes are made in consultation with the members.

Data

When you apply to become a member, we will ask you for some personal details including your full name, postal address, phone number and email address. We will normally use your email address to contact you for matters regarding your membership and news about the business. All your personal details are kept safely and only used as outlined in our privacy policy which you can read [here](#).

More information

You will receive login details for the Members' Area of our website where you'll find information such as policies, objectives and minutes of meetings. You will be asked to set up a secure password for accessing this area. We will also add you to *Three Rings*; this is a secure on-line system we use to enable you to sign up for specific tasks and events. You will need to create a password for this too.

Membership of True Food is formally approved by our committee at their monthly meeting.

You will find the documents referred to above, and more information about membership of True Food, on our website.