

Some fresh thinking at Agape Table: *Low-income Grocery Cooperative*

CHANGING THE NARRATIVE

What would you do if you had no food? We are all familiar with the emergency food programs such as soup kitchens and community pantries that fill the gap. At Agape Table, we believe it's time to ask a new question:

How can we help individuals and families **avoid** a food emergency?

Our Grocery Cooperative is part of our answer to this question.

THE IMPORTANCE OF NUTRITION

Emergency food is intended to bridge an unexpected gap. Sources of emergency food include donated non-perishables, reclaimed groceries, surplus stock, and other unsaleable items. Both the availability and nutritional value of emergency food are inconsistent at best, making it very difficult for families to prepare complete nutritious meals. Diet and nutrition have an immediate and direct impact on wellness and quality of life, particularly for families with young children. Because of this, when families regularly access emergency food, they are at risk of poor health.

Our Grocery Cooperative gives families the opportunity to step out of the emergency food cycle and into a farmers' market style program that includes fresh fruit, vegetables, dairy, and meat.

HOW IT WORKS

Food is purchased from local producers and distributors at wholesale prices, and offered to low-income families at cost. Families make regular deposits to their co-op accounts, and visit the weekly market to select the food that is right for their families. Additionally, families can apply for a subsidy that is applied to every dollar they spend. As members of our cooperative, families have free access to a registered dietician and our own community chef to assist with meal planning.

IT'S AN ACCESS PROBLEM

We all know that food emergencies do happen in Winnipeg. When food emergencies occur on a regular basis, a cycle becomes apparent. Programs such as Agape Table's Grocery Cooperative are effective at preventing cyclical food emergencies because they increase the purchasing power of the low-income dollar. Agape Table is able to purchase food in bulk at a reduced price. By passing these savings on to our community, we ensure that they too can take advantage of our buying power. Increasing access to affordable nutrition is an effective way to alleviate cyclical food emergencies.

EMPOWERMENT

Our Grocery Cooperative provides choice, dignity, and power: characteristics that are difficult to find in most emergency food programs. We assist families with budgeting, meal planning, and diet choices.

Your partnership with families in our program helps to turn

this



into this



Our Grocery Cooperative is not a hand-out. It is a partnership formed between low-income families, local producers, and supporters like you.

PARTICIPANT FEEDBACK

“My family eats much better now that we’re a part of this.”

“We get to eat the more expensive stuff like berries and bell peppers. We usually don’t get that sort of variety.”

“I love always having dairy in the house. I feel better about my children’s health.”

“I like that we get to choose what we eat. That’s very different than any other program that tries to help us.”

“We’re really treated like customers here, that’s fantastic.”

“We have been able to budget well. I fund my account once a month and come to the market every week.”

“This program lets us pay our rent and eat well. We don’t have to choose.”

ABOUT AGAPE TABLE

Agape Table is a Community Nutrition Center serving low-income, inner-city residents of Winnipeg. Agape Table operates a morning meal program, a children’s program, arts, crafts, and music programming, and much more. Agape Table operates weekdays at 175 Colony Street.

Agape Table is committed to providing a community-based program, nourishing the body, mind, and spirit of our guests in a cost effective and financially responsible manner. Agape Table Inc. is governed by a volunteer Board of Directors.

Agape Table is an incorporated not-for-profit, Registered Canadian Charity. The organization’s charitable tax number is: 10668 7833 RR0001. Every year, Agape Table is audited. You can view the latest audited Financial Statements for Agape Table via our website.

Agape Table is supported by the private donations of individuals, organizations, religious groups, associations, businesses, and foundations. Agape Table does not receive financial support from government.

agapetable.ca



AGAPE TABLE

PO BOX 26111, WINNIPEG MB R3G 3R3
204-783-6369



AGAPE TABLE

**GROCERY
COOPERATIVE**