



Would you like to reduce the cost of your weekly food shop?

JOIN A LOCAL FOOD CO-OPERATIVE!

We're supporting residents across Islington to set up food co-ops with their neighbours. You decide what to buy and how much to charge. By pooling your money you can purchase food at wholesale prices and access free surplus food.

Find out more by visiting www.manorgardenscentre.org/our-services/food-co-operatives



What is a food co-operative?

A food co-operative is a group that comes together to give people access to food (and other household items) at affordable prices. A food co-op describes different types of approaches but in Islington we are encouraging local residents to join or start up their own food buying groups.

The way a food buying group works is simple – the group decides on what items the group wants to buy and how much each member should contribute. By pooling the money, co-ops can purchase large amounts of food at wholesale prices. As a co-op you can also register with local shops, supermarkets, restaurants and food suppliers to get deliveries of surplus food – food that is perfectly edible but is excess, on its sell-by date or out of season.

Each co-op is owned and run by its members, so you decide together how to manage yourselves, how much your membership fee is, what you want to buy, and you share the management responsibilities together.

We're working with [Cooperation Town](#), who have a great online [Starter Pack](#) and [Resources](#) with more information.

How are organisations available to support?

Many charities and organisations across Islington are supporting food co-operatives to set up, for example by:

- Providing guidance to residents and support and equipment to get set up
- Offering space for your co-op to receive deliveries and pack
- Connecting your co-op to free surplus food and bulk suppliers
- Providing co-op members with other support, e.g. kitchen equipment, benefits support and other advice

If you're an organisation interested in getting involved, please email alex@manorgardenscentre.org for more details.

How can I get involved?

Anyone can start or join a co-op with their neighbours, school network, workplace or anyone local to you.

Co-ops are led by their members, but we're here to support in any way we can, by providing guidance to get started, and any resources you need.

Please fill in [this short form](#) to register your interest, and we'll put you in touch with your most local organisation who can support you.

Or you can email MGAssistance@manorgardenscentre.org or call 07483 149 519.

Please do also join our [Islington Local Food Cooperatives Network Facebook group](#) to start chatting to others in Islington who might be interested in starting or joining a local co-operative.