

Our Food Coop



Transition Ilford



Its healthy food at wholesale prices

Less packaging. A community, cooperative experience 😊



Shopping as a community thing

- We find out what each other buys and we try out new products
- We chat and find out recipes and cooking tips
- We learn from each other about foods, health etc.
- We have fun together
- We pitch in to weigh and sort
- We support an ethical workers' cooperative instead of supermarkets



- We order from Infinity Foods catalogue every 2-3 months
- We buy items in bulk and then split them into smaller amounts using our **snazzy spreadsheet**.
- The spreadsheet calculates how much our portion of the order will cost
- We meet together to finalise the order
- One of us makes the order and pays it, and the others pay their portion into that person's bank account (level of trust needed)
- The order is delivered to one person's home & other members of the group meet there to weigh out the portions and pick up their order

Infinity Foods Catalogue <https://www.infinityfoodswholesale.coop/price-lists>

We use the catalogue in Excel format so we can cut and paste items into the spreadsheet.

Our last spreadsheet order:

- Organic sultanas (line 6) manufacturers recommended price £8.42, we pay £6.32
- Walnuts (not organic) - 3kg split between 3 people – cheaper than buying smaller packs.

4	1	1051	6x400g	organic Fregola - giant couscous - white	2.28	Infinity Foods	10.20	0.00	6	10.20	1.70	6	6	0	0	10.20	1	1	1.70
5	1	3020	6x500g	organic Buckwheat Flour	3.12	Infinity Foods	14.00	0.00	6	14.00	2.33	6	6	0	0	14.00			0.00
6	1	7120	6x1kg	organic Sultanas	8.42	Infinity Foods	37.90	0.00	6	37.90	6.32	6	6	0	0	37.90	1	1	6.32

91230	5kg		Sunflower Seeds			Infinity Foods	9.40	0.00	5	9.40	1.88	5	5	0	0	9.40	2	2	3.76	3	3	5.64		
91250	3kg		Walnut Light Halves			Infinity Foods	21.00		3	21.00	7.00	3	3	0	0	21.00	1	1	7.00	1.5	1.5	10.50	0.5	0.5
130352	10x500g		organic Spelt Fusilli - wholemeal	2.89	Biona		21.65	0.00	10	21.65	2.17	10	10	0	0	21.65			0.00			0.00		
140170	10x500g		organic White Spelt Fusilli	3.39	Biona		25.40	0.00	10	50.80	2.54	20	20	0	0	50.80			0.00			0.00		
170165	7x500g		organic Rye Omega Golden Linseed Bread	2.29	Biona	r	12.00	0.00	7	12.00	1.71	7	7	0	0	12.00	1	1	1.71			0.00	1	1



5kg of deluxe muesli – someone may only want 1 kg or 500 grams. No problem! Just bring along a container



This order has been sorted and needs taking home!

Happy to help other food coops to start

We are very happy to help other Food Coops start – they can join one of our orders and we can support their first order so that they get the hang of the spreadsheet.

There are other ways to run a food coop. Ours works best with 6-10 people, it costs nothing to run and you don't need to join every order. But... people need space to store the items, finance to buy in bulk, someone to pay upfront for the whole bill, trust that everyone will pay them back promptly and a space or home to divide up the order.

People can start a food coop with their neighbours, or a faith group could bulk buy some staple items like rice, lentils, flour etc and divide into 1 kilo units for their members to buy. We like ours because we are diverse, it is more interesting, but it could be among friends and within communities.

