

Updated Co-Op helpful hints

When shopping for 6 or 8 families it advisable to buy by halves. I've made a short list as a guide after being caught out myself and buying too much.

Capsicum	----	$\frac{1}{2}$ box (other wise we end up with 4 or 5 each)
Potatoes	----	Approx 30 kg sack
Onions	----	$\frac{1}{2}$ large sack (or we end up with 15 onions each!)
Beans	----	Possibly $\frac{1}{2}$ box if sold in boxes, or 1kg bag spill into $\frac{1}{2}$ (otherwise we end up with a plastic bag full of beans going slimy!)
Carrots	----	$\frac{1}{2}$ large sack (if buying by sackfuls)
Tomatoes	----	1 box
Apples	----	1 box (or $\frac{1}{2}$ box of red and green)
Mushrooms	----	1 box
Avocados	----	1 box (gives approx 2 each)
Pears	----	$\frac{1}{2}$ box (unless there isn't much choice in fruit)
Cabbages	----	$\frac{1}{2}$ to $\frac{1}{4}$ per family (the Fruit market will cut them for you)
Celery	----	$\frac{1}{2}$ each

- 1) Money for fortnightly shop to be dropped off the night before shop or earlier.
 - 2) Family name and amount to be written in Co-op book by shopper
 - 3) Use above guide to help when shopping. As mentioned below Gaz is very helpful with anything in regard to quantities and price.
 - 4) When Veggie World pack your car make sure you tick off from the sheet they give you of what you have ordered everything they put in your car. (I have got home and realised that they forgot to give me something on the list... which meant another unnecessary trip down to town, very frustrating!)
 - 5) Pick up about 4 or 5 empty boxes from Fresh World to get you started with sorting when you get home.
- ** Before leaving buy a nice cake to be used with point 9 ****
- 6) Divide the fruit and vegies between as many families as are in the Co-op **PLUS** the spare box.
- If you have given everyone e.g. 8 apples' and there are 3 apples left put in a box at the side then at the end of sorting just divvy up what is left between all the boxes.

- 7) Write family name on all boxes and put the bag with the Co-op book and wallet in the next shopper's box.
- 8) Leave boxes out of weather for everyone to pick up.
- 9) Now you're finished go in and have a nice cup of coffee and that nice cake you bought earlier!

I hope you find this helpful.

Gaz is the person we ask for at Veggie World, Shopping Square he is very helpful and will advise you of any specials and also what to avoid buying as it may be too expensive. With the help of Gaz and our own common sense I'm sure we'll all do very well.

Any questions or if anyone is unclear on anything do not hesitate to ring me. Jennifer, Co-op Coordinator 9876 5432.

Happy Shopping. 😊

(note: names are fictional)

(Thanks to Koleta McDonald for providing this resource)