



TAVS Food Co-op

TAVS is a centre for people in Cardiff who face multiple exclusions, based on Tavistock St (off City Road) in Roath.

We are starting a food co-op to provide affordable food to local people who need it.

What is it? Members will pay £2 for a food parcel (worth approx £15).

When? Every Thursday night between 6.00 - 7.30.

How can you get involved?

Come along to talk to us on Thursday evenings, or contact us on 07474661834 if you have questions.



Food Co-op Principles

To join the TAVs Food Co-op, members have to agree to the following principles:

- To join you will need to complete a members form.
- Members pay £2 for a food parcel.
- Members can choose what they have in their food parcel from the food selection that we have available on the day, according to how the food has been organised on that day.
- Members will be involved in helping decide together what food we purchase for the food co-op.
- Members who may not always be able to pay, due to personal circumstances, are entitled to one solidarity food parcel once every three months.

We will give out solidarity food bags for those with no access to public funds.

Members will be involved in reviewing the principles and rules of the Food Co-op.