

## MAWDDACH WHOLEFOOD CO-OPERATIVE

### *Contact*

The Secretary  
Penbryn Cottage  
Ffordd y Gader  
Dolgellau  
Gwynedd  
LL40 2LY  
Tel: 01654 782294  
E-mail: [cg@clara.co.uk](mailto:cg@clara.co.uk)

The aims of the Mawddach Wholefood Co-operative:

- To obtain wholefoods, organic food and related products for members by bulk buying
- To encourage the purchase and supply of such goods by individuals and businesses
- To inspire other areas to operate similar local projects.

As a co-operative, all members have an equal say in the running of the project and are active in practical tasks. Membership is open to anyone willing and able to participate. There are currently about a hundred members. By purchasing in quantity, dried goods can be bought significantly cheaper than through supermarkets, even after ten per cent has been added to cover running costs.

The group's premises acts as a collection point for a local fruit and vegetable organic box scheme and as an outlet for local eggs. From a sustainable perspective such bulk buying reduces packaging, while concentration on organic products achieves beneficial effects for the wider environment.

In relation to the future, the co-operative realises that it is now reaching a practical limit in size and turnover. It would encourage others to start new groups so that such projects can operate within, and serve, a relatively small geographical area.

*Tips for others:* "Because we operate as a co-operative we must balance trust with common sense. There is always a core of members who do most of the work and others who feel things are being run for them!"

*Status of organisation:* Voluntary

*Area:* Twenty mile radius of Dolgellau