

THIS COULD BE OURS

a PHOTO ALBUM to inspire your food co-op dream



May your dream come true...



FOOD



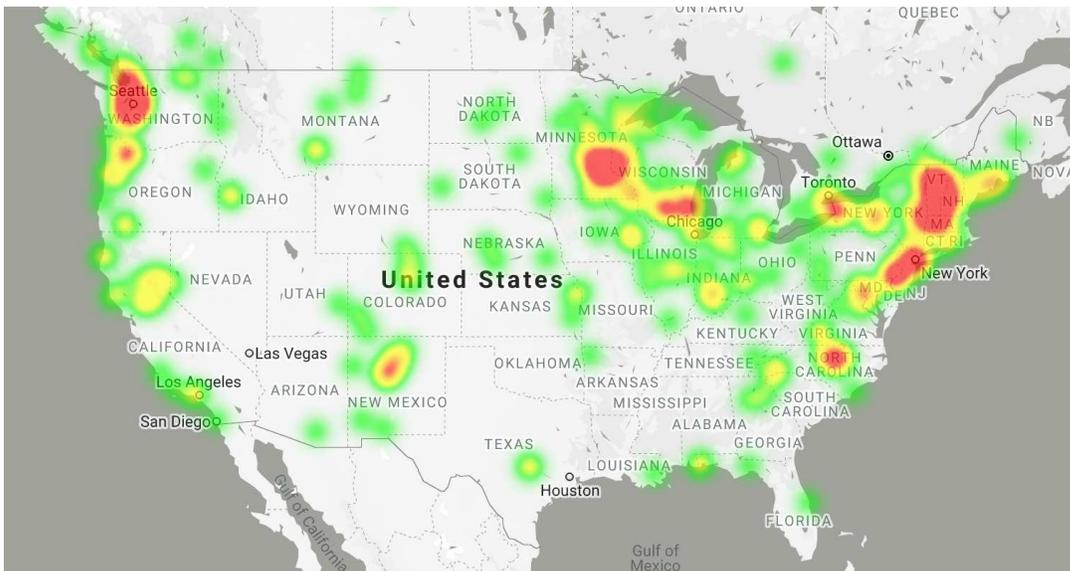


FOOD CO-OP INITIATIVE

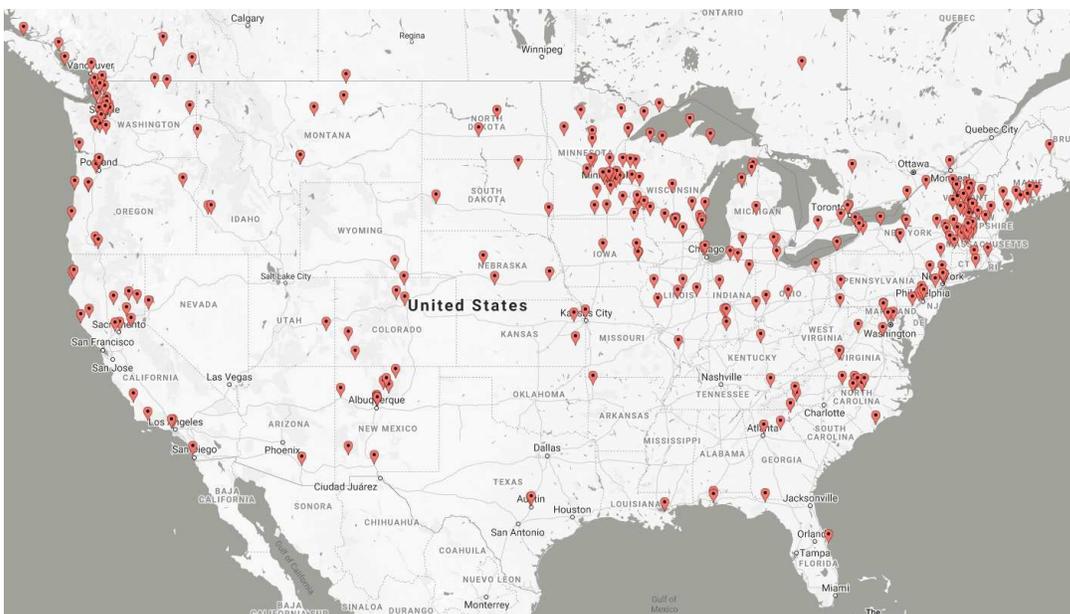
New co-ops start here.

Here to help your dreams come true.

www.fci.coop | info@fci.coop



Food co-op locations in 2021. Source: Food Co-op Directory www.grocerystory.coop



The day after I received my first printed copy of my new book *Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants*, I embarked on what was likely the most extensive tour of food co-ops... ever! I left my home of Nelson, British Columbia and headed east to Rochester, NY. From there, I would visit 125 food co-ops with storefronts and 23 startups in various stages of development. Naturally, I took a LOT of photos and this publication is one of the many outcomes of that journey. It's a substantial undertaking to build a community-owned grocery store and THIS COULD BE OURS was conceived as a resource to help inspire and guide your dedication to your community, to foodmakers and to future generations.



A special thank you to Stuart Reid and the Food Co-op Initiative (FCI) for believing in this vision. And a thank you to you for being part of the transformation of the food system through the primary point of convergence where food production meets eaters - the grocery store.

Who Owns Your Grocery Store?

Jon Steinman



THIS COULD BE OURS (VOL. 1)

PUBLISHER: Grocery Story Press www.grocerystory.coop

PUBLICATION PARTNER: Food Co-op Initiative (FCI) www.fci.coop

CREATIVE DIRECTOR, DESIGN AND LAYOUT: Jon Steinman

PHOTOGRAPHY: All photo credits in this publication unless otherwise noted: © Jon Steinman

PUBLICATION DATE: June 2021 (Vol. 1)

COVER PHOTO: Pete Eckert | Architect - Vallaster Corl Architects

PAGE 2/3 PHOTO: The Food Co-op - Port Townsend, WA



every
SHAPE
and
COLOR
and
SIZE



(Top) People's Food Co-op - Rochester MN; (Middle) Littleton Food Co-op - Littleton, NH; (Bottom) Seward Co-op's Friendship store - Minneapolis, MN
OPPOSITE: (Top) Hendersonville Community Co-op - Hendersonville, NC [photo submitted]; (Bottom) Brattleboro Food Co-op - Brattleboro, VT

NOW

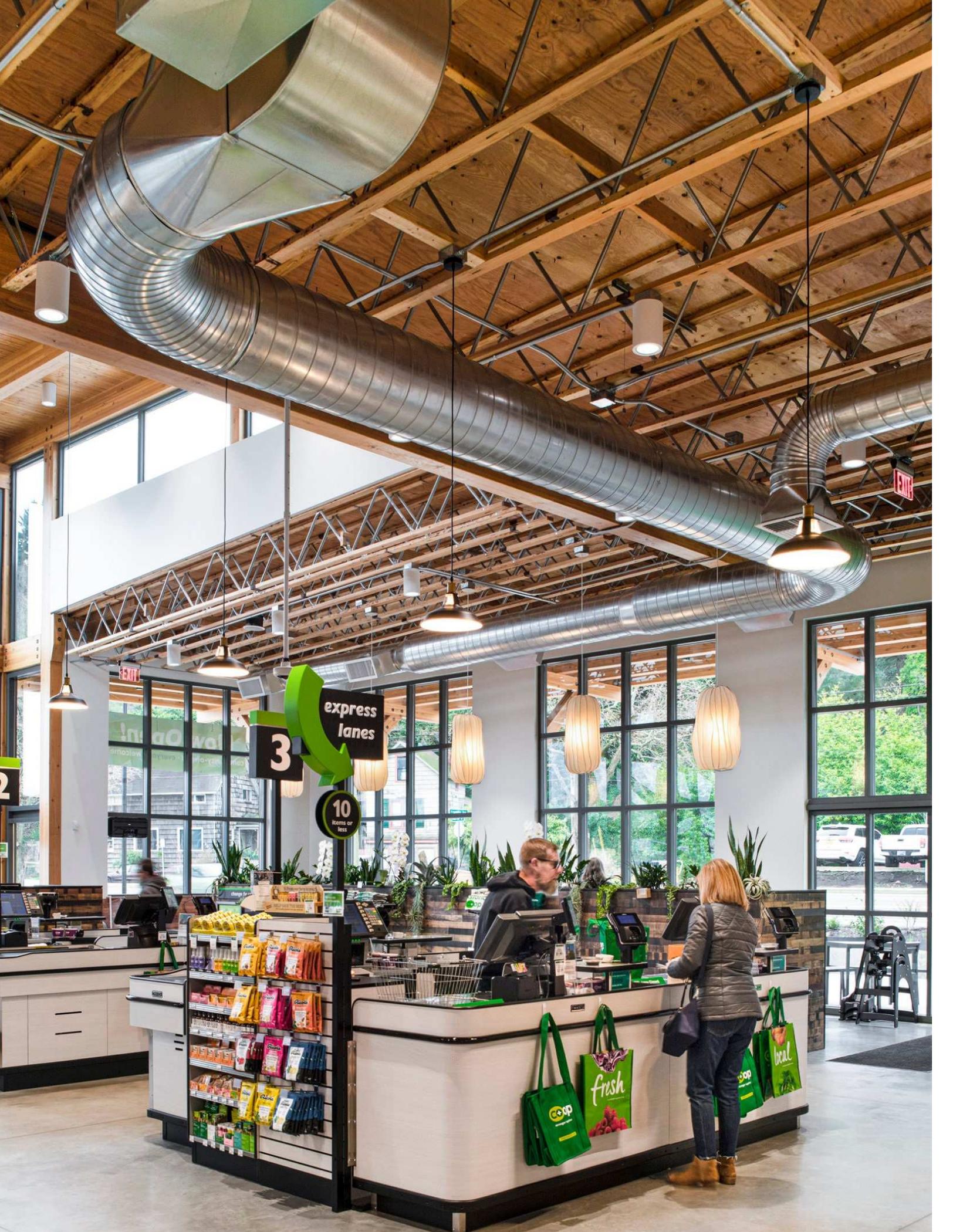


OPEN

The Astoria Co-op (Astoria, OR) formed as a buying club in 1972 and opened its first storefront in 1974. On December 11, 2019, it moved into this new 12,000-square-foot building (pictured here and on the following four pages).

[photo credit Pete Eckert | architect Vallaster Corl Architects]





express lanes
3
10 items or less

coop
fresh

coop
local



[photos credit: OPPOSITE Pete Eckert | Bottom Pete Eckert; Top Broken Banjo Photography | architect S|E|A]





[photo credit Pete Eckert | architect Vallaster Corl Architects]

UNIVERSITY OF KANSAS

The
Merc
Coop

everyone welcome



The Merc Co-op of Lawrence, KS opened this second location in Kansas City in 2020. [photo submitted]







The Hendersonville Community Co-op in Hendersonville, North Carolina began as a buying club in 1978 with a group of 15 families who were interested in buying wholesome food at discount prices. Today, the co-op is owned by 3,000 residents. In 2015 the co-op moved into a new 8,000-square-foot location pictured here.

[photos submitted]





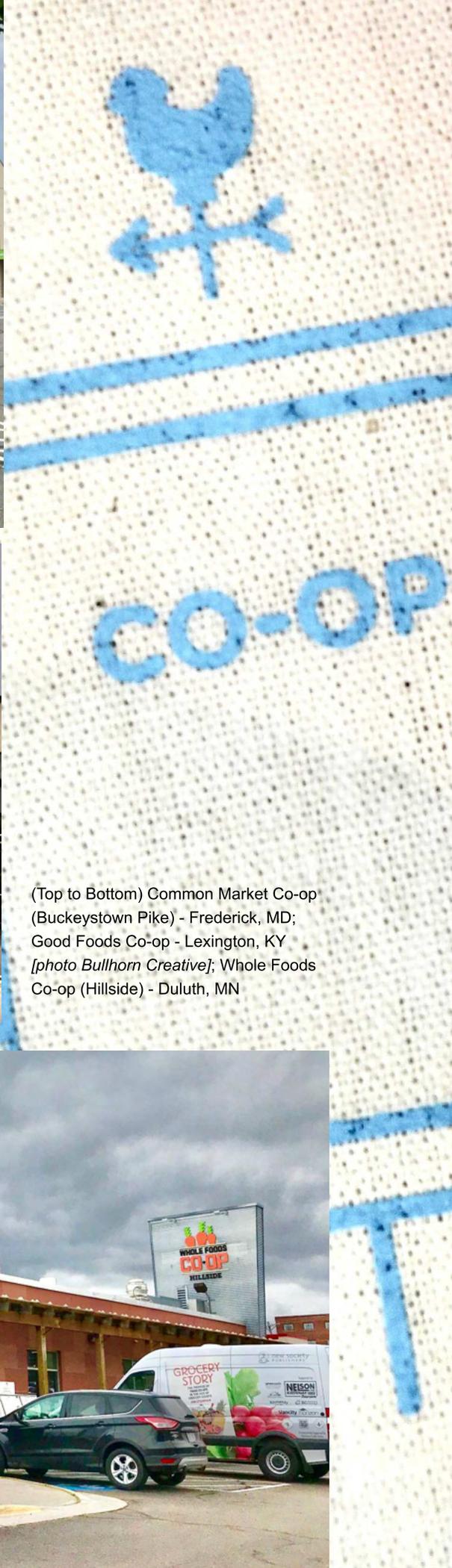
(Top to Bottom) Rising Tide Co-op - Damariscotta, ME; Outpost Natural Foods - Wauwatosa, WI; The Merc Co+op - Lawrenceville, KS [photo submitted]



(Top to Bottom) Harmony Co-op - Bemidji, MN; Outpost Natural Foods - Mequon, WI; Whole Foods Co-op (Denfeld) - Duluth, MN



(Top to Bottom) Common Market Co-op (Buckeystown Pike) - Frederick, MD; Good Foods Co-op - Lexington, KY [photo Bullhorn Creative]; Whole Foods Co-op (Hillside) - Duluth, MN





(Top to Bottom) Viroqua Food Co-op - Viroqua, WI [photo submitted]; South Philly Food Co-op - Philadelphia, PA [photo submitted]; Moscow Food Co-op - Moscow ID





Co-op Food Stores (Co-op Market) - Hanover, NH [photo submitted]



Community Food Co-op (Downtown) - Bozeman, MT [photo submitted]

small **food co-ops**

MANNA Food Co-op - Detroit Lakes, MN [photo submitted]



Weavers Way Co-op (Chestnut Hill) - Philadelphia, PA



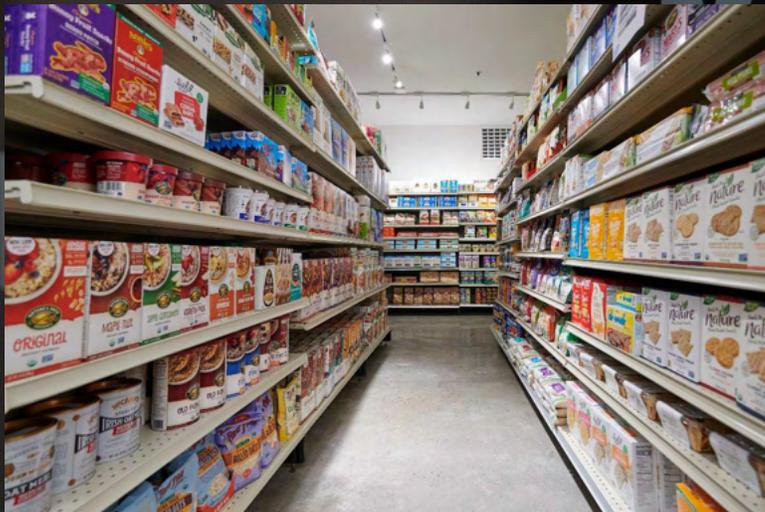


1,133 member-owners as of May 23, 2019



SOUTH PHILLY FOOD CO-OP

With only 3,300 sq. ft. of retail space, this new urban food co-op is using small to make a big difference! Doors opened December 23, 2020.





At Weavers Way Co-op's original store in the Mt. Airy neighborhood of Philadelphia, there's no room for shopping carts and barely enough room for baskets. To keep aisles as spacious as possible, shoppers are encouraged to place their basket on the counter and shop *into* the basket rather than hold the basket in the aisles.



small **food co-ops**

(Middle) Syracuse Cooperative Market - Syracuse, NY;
(Bottom left/right) Putney Food Co-op - Putney, VT



What you see is what you get. With the exception of a small seating area in the sunlit area at the back, this is the entire retail space at Muskoka North Good Food Co-op in Huntsville, Ontario.

small food co-ops



Morrisville Food Co-op - Morristown, VT



Efforts to bring a cooperative grocery store to Littleton, New Hampshire (pop. 6,000) began in 2006. The co-op opened its 13,500 sq. ft. store in 2009 (pictured on right). The co-op was so successful after opening that it began an expansion project a few years later and in 2017 opened an additional 9,500 sq. ft. (pictured on the left).

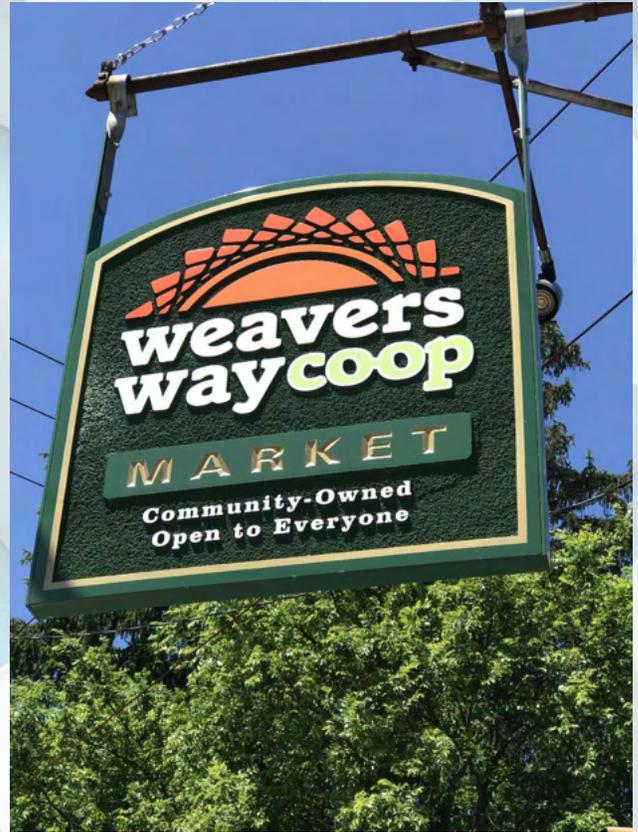
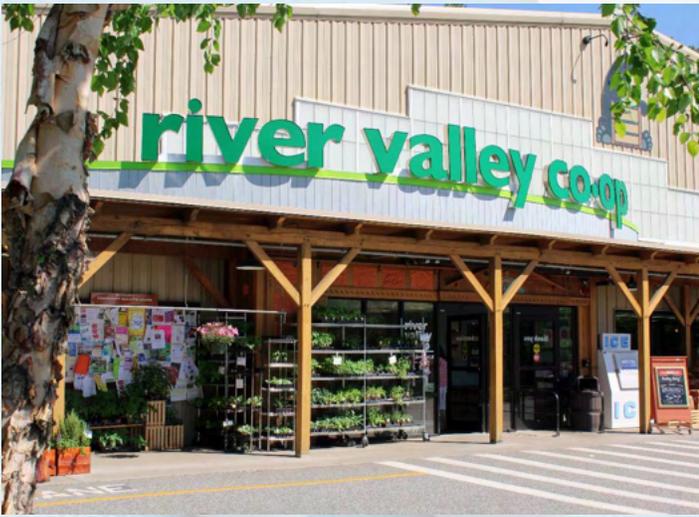




[Photo credits bottom row - Gary Hall | architect gbA]



River Valley Co-op - Northampton, MA; Weavers Way Co-op - Philadelphia/Ambler, PA; Portland Food Co-op - Portland, ME; North Country Food Co-op - Plattsburgh, NY; Bluff Country Co-op - Winona, MN; Viroqua Food Co-op - Viroqua, WI



S I G N A G E



EASTSIDE





Eastside Food Co-op -
Minneapolis, MN



marquette
food co-op

ONLY

NO
PARKING
AT ANY
TIME

NEW
YORK
DELI

273-1130

IN
→

OUT
←

Marquette Food Co-op - Marquette MI; Astoria Co-op - Astoria OR; Harmony Co-op - Bemidji, MN; Monadnock Food Co-op - Keene, NH; Lakewinds Food Co-op - Richfield, MN



[photo credit Pete Eckert]



[photo credit Pete Eckert]





[photo credit top row & bottom right Bullhorn Creative]

upgrades and conversions



Food Co-ops Growing FOOD CO-OPS



**THE NEIGHBORING
FOOD CO-OP ASSOCIATION**
Co-ops Working Together to Grow More Co-ops!

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and more since 1978

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"The cooperative model has proven itself as a means through which our most cherished public spaces can be returned to the hands of the people they were meant to benefit.

- Epilogue

GROCERY STORY THE PROMISE OF FOOD CO-OPS IN THE AGE OF GROCERY GIANTS
JON STEINMAN

www.grocerystory.coop



sevenroots

CO-OP DESIGN + OPERATIONAL SUPPORT
A WORKER-OWNED COOPERATIVE • sevenrootsgroup.com/startups

STARTUP SUPPORT

- > Site feasibility
- > Store programming
- > Store design
- > Equipment specification
- > Prepared foods planning
- > Brand building + design
- > Outreach + marketing strategy
- > DEI engagement + training **NEW!**

tell your story. build your co-op. run your store.



GROCERY STORE

FIRE
DEPARTMENT
CONNECTION



What's a CO-OP?

The welcoming of a new food co-op can be challenged by the community's comprehension of what a 'food co-op' is. To support its arrival into Ambler, Pennsylvania in 2017, **Weavers Way Co-op** got straight to the point and included a non-permanent banner to ease the store's integration into the area. This is Weavers Way's third location.



RISING TIDE

Community
Kitchen →



Rising Tide Co-op
Damariscotta, ME

CO-OP

RESERVED
PARKING



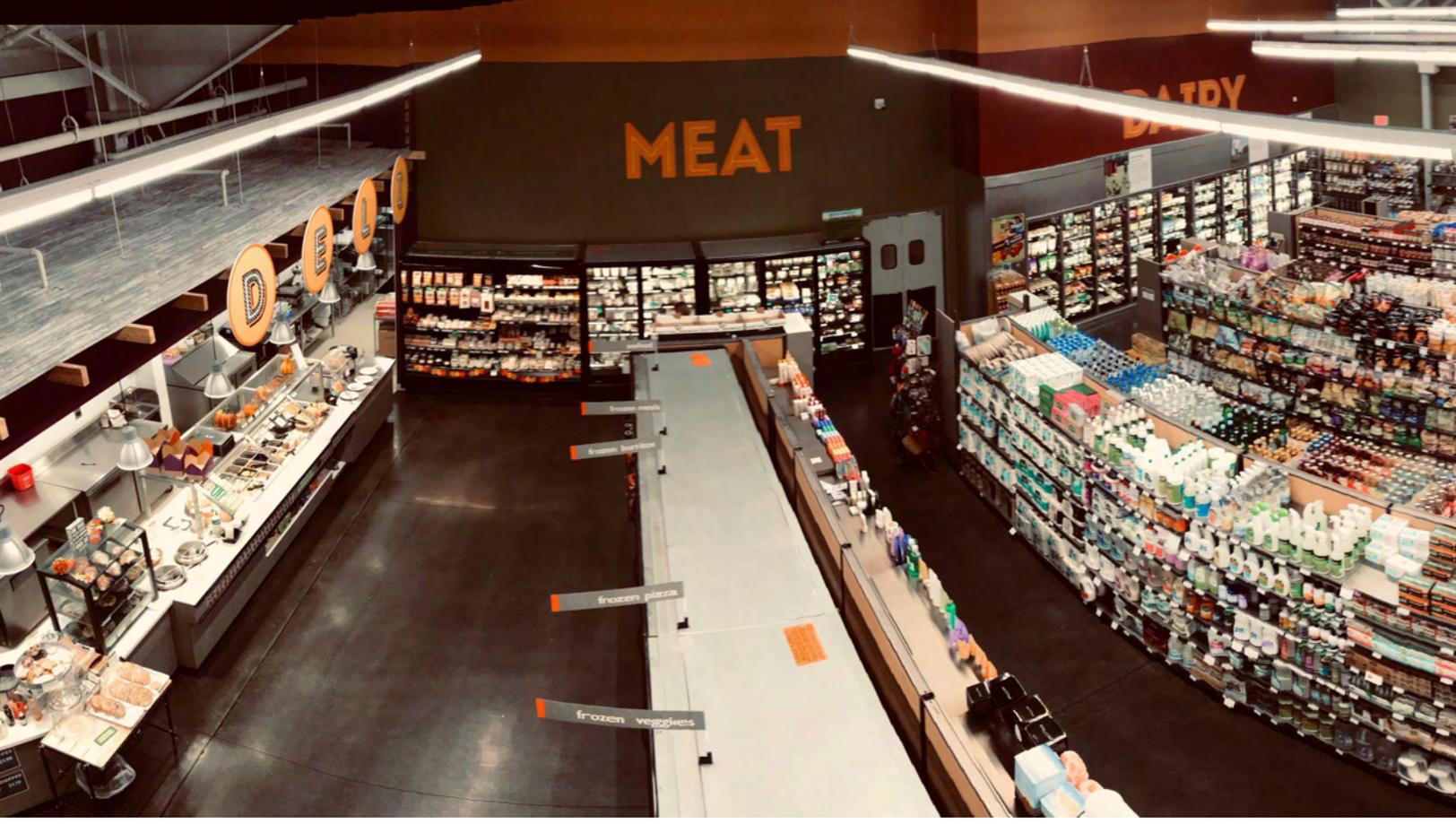
Annual
Member-Angel
Meeting
July 18th 6pm
at the
Co-op

THE MIRACLE
GARDEN FOR



Small white sign with illegible text.

DO NOT
ENTER





Green Top Grocery - Bloomington, IL (opened in 2017)



River Valley Co-op - Northampton, MA (opened in 2008)



craft beer

Littleton Food Co-op - Littleton, NH
[photo credit Gary Hall]

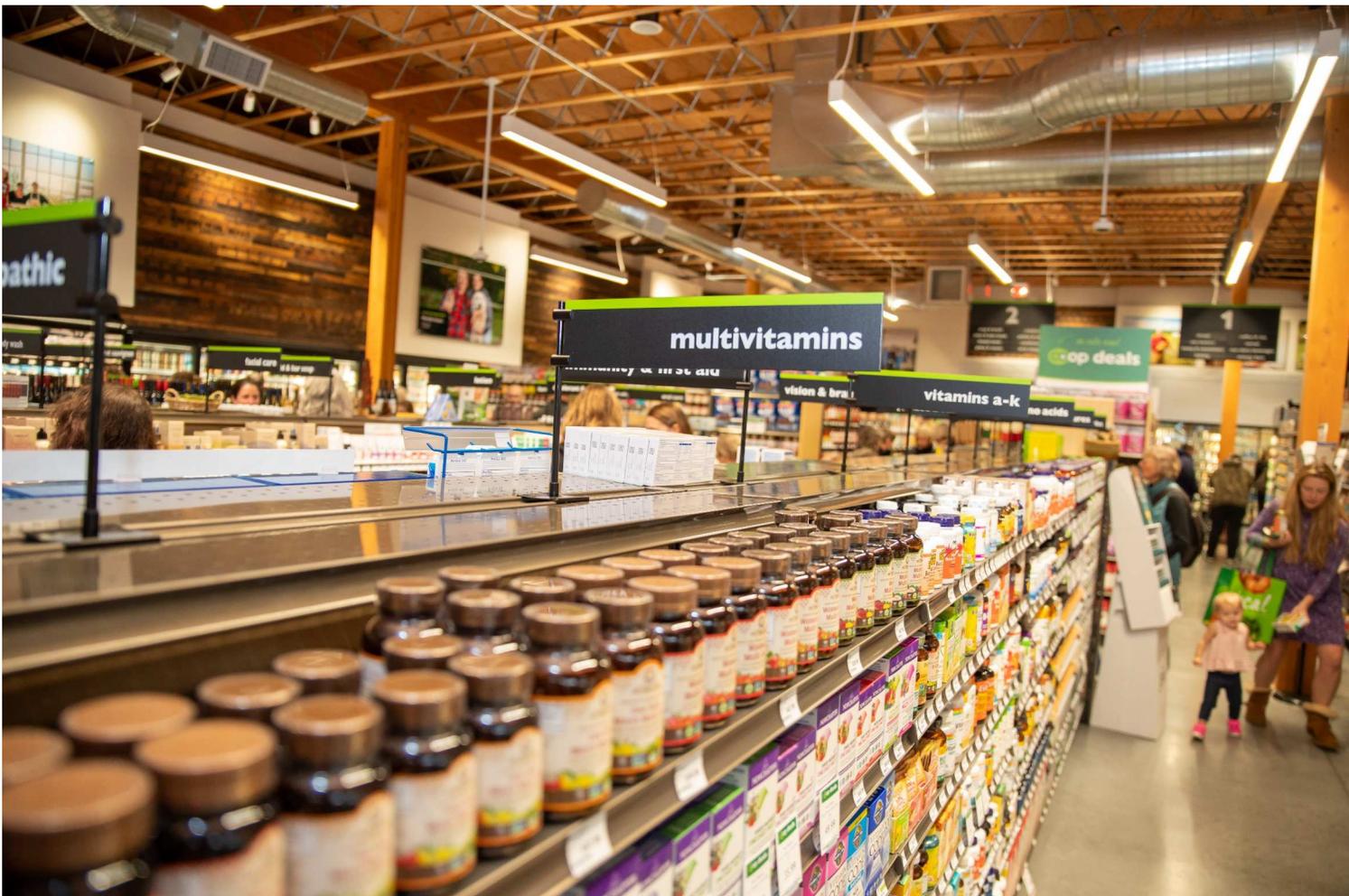


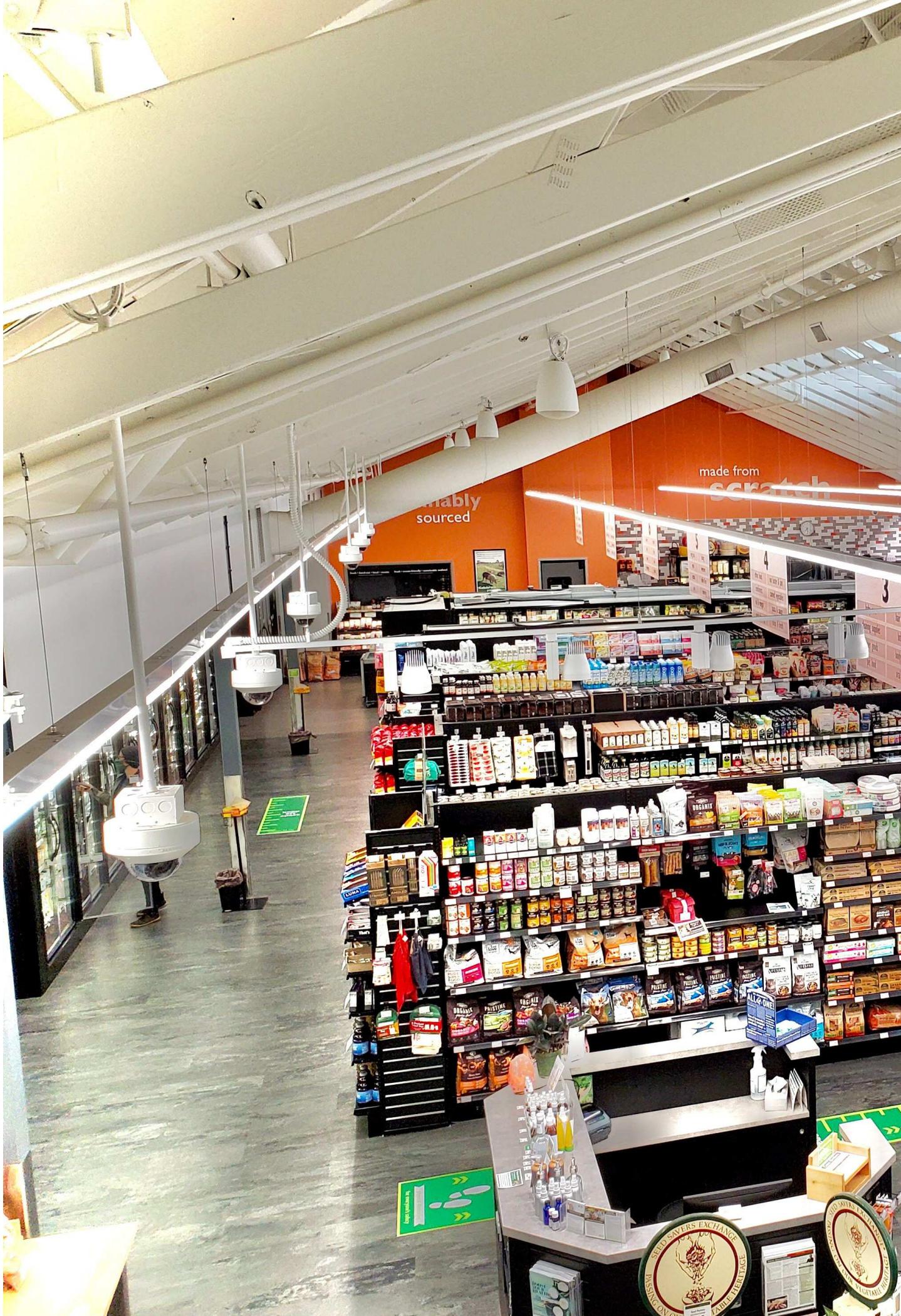
(Top) The Merc Co-op - Kansas City, KS [photo submitted]
(Bottom) Whole Foods Co-op (Denfeld) - Duluth MN





Astoria Co-op - Astoria, OR [photo credit Broken Banjo Photography]





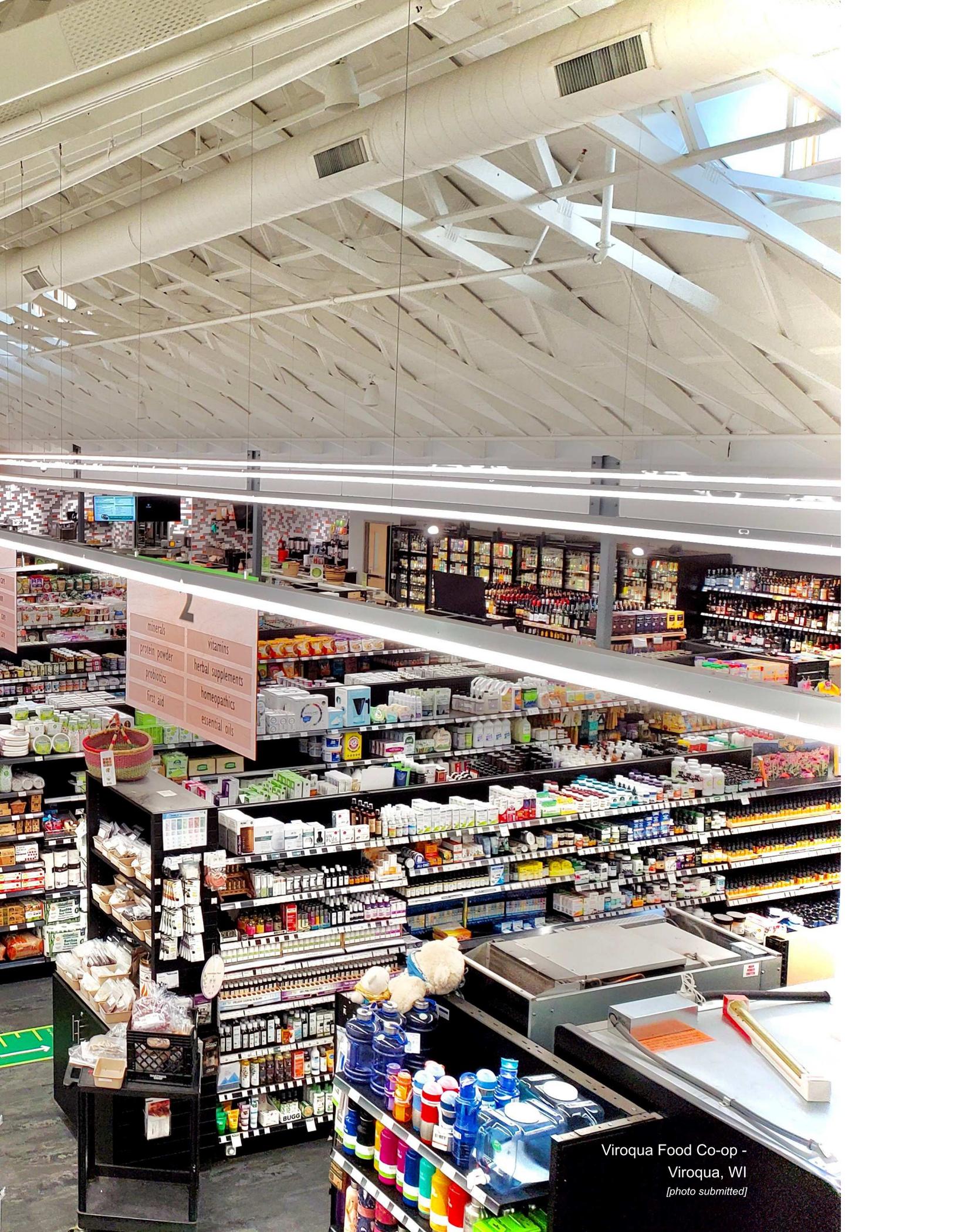
ably sourced

made from scratch

3

4





2

| | |
|----------------|--------------------|
| minerals | vitamins |
| protein powder | herbal supplements |
| probiotics | homeopathics |
| first aid | essential oils |

Viroqua Food Co-op -
Viroqua, WI
[photo submitted]

GROCERY STORY

THE PROMISE OF
FOOD CO-OPS
IN THE AGE OF
GROCERY GIANTS
JON STEINMAN

PAPERBACK | EBOOK | EPUB
AUDIOBOOK

web resources

*FOOD CO-OP DIRECTORY

*WHO OWNS YOUR GROCERY STORE?

*VIDEO GALLERY | *WHY FOOD CO-OPS?

*PHOTO ALBUMS | *ARTICLES

Schedule author Jon
Steinman for a **webinar**
or **annual meeting**
presentation.

Board-staff education
Inspire new members or lenders

Use the book as a
reward or incentive for
new members, member
loan campaigns and
fundraising.

VOLUME BOOK ORDERS and CONTACT
info@grocerystory.coop

www.grocerystory.coop

"A great read! Full of energy and eyes-wide-open hope. In an era of extreme economic concentration, Jon Steinman awakens us to elements of an arising democratic economy, hidden in plain sight. Grocery Story is, above all, an empowering tale we need now more than ever."

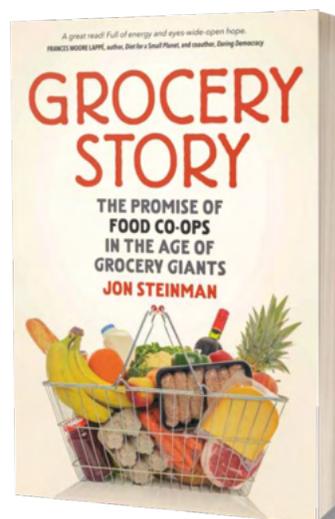
Frances Moore Lappé, Author of *Diet for a Small Planet* and *Daring Democracy*

"Grocery Story should be required reading for anyone helping to organize a new food co-op and everyone who cares at all about their food."

Stuart Reid, Executive Director, Food Co-op Initiative (FCI)

"Steinman skillfully blends the history of food retailing with contemporary examples to explain how cooperative food stores consistently have served as a principled alternative and moderating influence on corporate consolidation of food retailing in North America."

John Ikerd, Professor Emeritus of Agricultural Economics,
University of Missouri-Columbia





pedal
PARKING



OPPOSITE Syracuse Cooperative Market - Syracuse, NY;
(Top Left) Moscow Food Co-op - Moscow, ID;
(Top Right) Whole Foods Co-op (Denfeld) - Duluth, MN;
(Bottom) Kootenay Co-op - Nelson, BC





Medford Food Co-op - Medford, OR



Weavers Way Co-op (Mt. Airy) - Philadelphia, PA

HERITAGE

buildings



East Aurora Co-op Market - East Aurora, NY [photo credit seven roots]



OUR MISSION

To promote and develop cooperatives to improve economic opportunities for all

 GROWING MEMBER OWNED AND CONTROLLED COOPERATIVES

 DEVELOPING AUTHENTIC LOCAL LEADERS

 STRENGTHENING COMMUNITIES

1.3
MILLION

IN GRANT MAKING

249
THOUSAND

COVID-19 RELIEF

60
CO-OPS

SERVED

OUR IMPACT IN 2020



A FOCUS ON INCLUSION

Helping realize the promise of diversity, equity and inclusion baked into the cooperative principles and values.

-  Cross sector DEI Survey
-  18-month DEI Learning Cohort
-  2022 DEI Conference

 Disaster Recovery Fund
A Project of CDF

 Cooperative Education Fund
A Project of CDF



\$99,094
DONATED FOR CO-OP RECOVERY



\$141,386
IN GRANTS AND SPONSORSHIPS



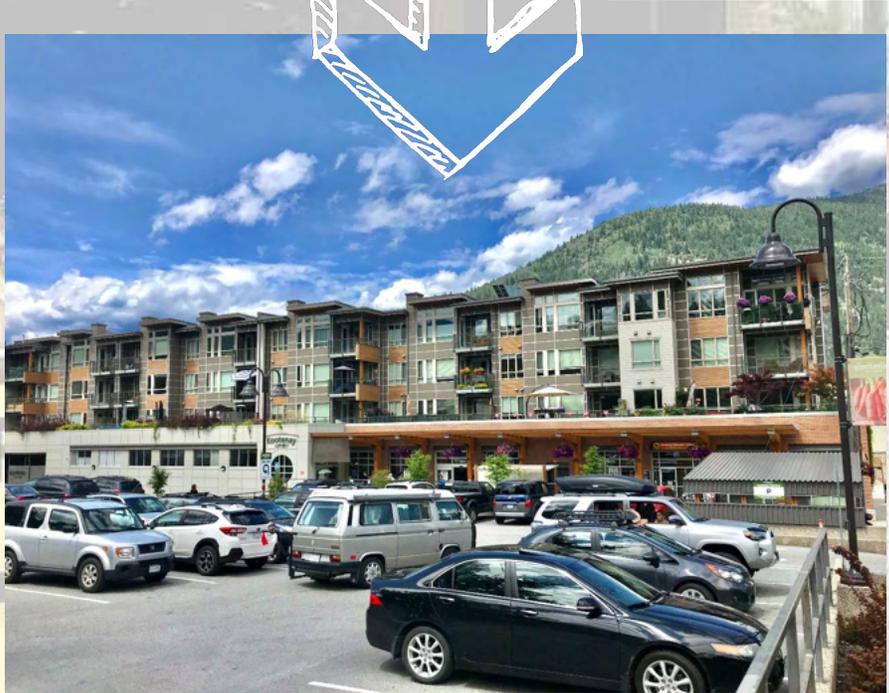
150
INDIVIDUAL CONTRIBUTORS



9 GRANTS
FOR EDUCATION PROGRAMS



18
EVENT SPONSORSHIPS



mixed- use DEVELOPMENTS

more and more food co-ops are moving in with neighbors

Kootenay Co-op - Nelson, BC developed Nelson Commons with 46 residential units and additional commercial spaces. OPPOSITE Brattleboro Food Co-op - Brattleboro, VT partnered to bring more affordable housing into the development

[photo Peter Maus/ESTO architect gbA];

Oshkosh Food Co-op - Oshkosh, WI;

Berkshire Food Co-op - Great Barrington, MA *[photo submitted]*



Kootenay co-op



FDC
Entrance at
Hendrix Street
→





777 Baker

Exit

Wellness Dept.
Pharmacy
Dental
Optical
Chiropractic
Physical Therapy
Occupational Therapy
Speech Therapy
Mental Health
Community Services





Who Owns Your Grocery Store?



Weaver Street Market - Chapel Hill, NC



RECYCLE? UNPACK-ag-ING confusion

Rather than relying on just names, numbers and symbols, Kootenay Co-op gets straight to the point by clarifying the most common disposal questions through the use of the actual packaging.

GRAB & GO



(Top) Berkshire Food Co-op - Great Barrington, MA [photo Bullhorn Creative]; (Middle Left) Viroqua Food Co-op - Viroqua, WI [photo submitted]; (Middle Right) Bismarck Community Food Co-op - Bismarck, ND; (Bottom) Kootenay Co-op - Nelson, BC



[photo credit Broken Banjo Photography]



[photo credit Broken Banjo Photography]

NUT BUTTER

Astoria Co-op - Astoria, OR



FROZEN FRUIT

Karma Co-op - Toronto, ON

ZERO WASTE

BYOC (Bring-your-own-container)



CLEANING

Karma Co-op - Toronto, ON



YOGURT & KEFIR

Returnable jars @ Karma Co-op - Toronto, ON



[photo credit Broken Banjo Photography]

BULK

Astoria Co-op - Astoria, OR



BREAD & CRACKERS
Karma Co-op - Toronto, ON



KIMCHI
Karma Co-op - Toronto, ON



HONEY
Karma Co-op - Toronto, ON



KETCHUP & MUSTARD
Mountain Avenue Market - Fort Collins, CO



HOT SAUCE
Mountain Avenue Market - Fort Collins, CO



TOFU
Karma Co-op - Toronto, ON



PET TREATS

Kootenay Co-op - Nelson, BC



[photo submitted]

KOMBUCHA & BEER

Whole Foods Co-op - Duluth, MN



[photo credit Broken Banjo Photography]



Viroqua Food Co-op - Viroqua, WI
Menomonie Market Food Co-op - Menomonie, WI





Sacramento Natural Foods Co-op - Sacramento, CA
Kootenay Co-op - Nelson, BC



Good Foods Co-op - Lexington, KY



[photo Bullhorn Creative]



Berkshire Food Co-op - Great Barrington, MA



[photo credit Broken Banjo Photography]



[photo Bullhorn Creative]

Berkshire Food Co-op - Great Barrington, MA; Monadnock Food Co-op - Keene, NH; Whole Foods Co-op (Denfeld) - Duluth, MN; Astoria Co-op - Astoria, OR; Viroqua Food Co-op - Viroqua, WI;



[photo credit Broken Banjo Photography]





A smart idea! This laminated flyer at Swarthmore Co-op is placed inside each shopping basket before it returns to the front of the store. This allows the flyers to be easily cleaned and reused and it helps guide shoppers to what's on special.



Moscow Food Co-op - Moscow, ID



Unfamiliar products can be a barrier to new food co-op shoppers. SLO Food Co-op - San Luis Obispo, CA



Parents can be sure their little ones won't be tempted by sugary treats at this checkout! BriarPatch Co-op - Grass Valley, CA

smart & UNIQUE ideas



Concern for Community @ Muskoka North Good Food Co-op - Huntsville, ON



Supporting electric pedal-power @ Kootenay Co-op - Nelson, BC



Send a Thank You letter to a farmer @ Rising Tide Co-op in Damariscotta, ME



Founding member-owner bricks @ Morrisville Food Co-op - Morristown, VT



Founding member-owner wall @ Fredericksburg Food Co-op - Fredericksburg, VA



Owned

ore

Daily

In many areas of the country, the language of "food co-op" is foreign. "Community-Owned Grocery Store" is a great way to ease the arrival of a food co-op. (South Philly Food Co-op)

[photo credit Butterfish Studios]

field experts

LEGAL GUIDANCE AND BUSINESS SENSE FROM SEED TO MARKET TO TABLE AND ALL POINTS IN BETWEEN.

Clients served come from all sectors of the industry—farming, food processing, wholesale distribution, and food and beverage retailing. Few law firms can match Dorsey's comprehensive understanding and experience in the field of cooperatives. Skills range from general coop law to transactions, including mergers, acquisitions and financings to labor & employment, IP & licensing, litigation and regulatory representation, including food safety.

[more at dorsey.com/food_ag](http://dorsey.com/food_ag)

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Our Farmers Thank You

Since 1919, the farm families of Cabot Co-op have been passionate about making the world's best cheese. We use only the purest ingredients to craft our creamy, delicious classics. Just maybe, that's why we've won every major award for taste. Learn more at cabotcheese.coop





SUPPORT CO-OPS



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DEVELOPMENT
INSTITUTE

LEARN ABOUT OUR WORK

The Cooperative Development Institute's mission is to build a cooperative economy through the creation and development of successful cooperative enterprises. We are transforming ownership of our economy.



 [Cooperative Development Institute.](#)  [@coopdevinst](#)  [@coopdevinst](#)



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Working Together.
Building Community

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EDUCATION ZONE





CO-OP
Culinary Learning Center

Culinary Learning Center
@ Co-op Food Stores - Lebanon, NH
[photo submitted]

menomonie market food co-op FALL CLASS CALENDAR

At Menomonie Market, you'll find a class for everyone! From cooking and art classes to make & take workshops and yoga, you'll enjoy learning new kitchen skills or deepening your personal wellness practice. Classes are open to anyone—no experience necessary—and are held in our second-floor classroom unless otherwise stated. Sign up in advance through any cashier or online by visiting mmfc.coop/calendar.

Gentle Yoga

Every Monday • 5:00-6:00pm • \$10
A slower gentle yoga class with a focus on mind, body, and breath connection for stress and tension relief. *Beginner-friendly, yoga mats and blocks available to borrow for class or bring your own.
Instructor: Sara Norman

Simple Meals at Home

Tuesday, Oct. 1 • 6:00-7:30pm • \$15
Learn the basics of cooking from scratch. We'll cover kitchen skills, basic knife cuts, and how to make delicious meals with minimal prep. Great for folks without a kitchen or looking to improve their cooking skills.
Instructor: Becca Schoenborn

Intro to Crystal's Kitchen: Preparation & Shopping

Saturday, Oct. 12 • 9:00-11:00am • \$10
Join General Manager Crystal for a virtual tour of her kitchen. Crystal is a busy working mom who uses professional kitchen tips and meal planning to meet her nutritional goals for her family. See how she organizes her kitchen, freezer, and shopping trips to have meals and snacks at the ready.
Instructor: Crystal Halverson

Taking Care of You

Tuesday, Sep. 2 • 6:00-7:30pm • Free
Take some time for yourself! This 4-week workshop will teach you effective stress relief strategies and tools for mind, body and spirit well-being.
Instructor: Stephanie Hintz

Fresh & Healthy Mexican Cuisine

Tuesday, Oct. 15 • 6:00-7:30pm • \$10
Authentic Mexican cuisine doesn't have to be unhealthy to be delicious and flavorful. Join Vickie for a traditional cooking demonstration where you'll learn to prepare a dish that fits a variety of diets.
Instructor: Vickie Sanchez

Journal Creation

Wednesday, Oct. 16 • 6:00-7:30pm • \$10
Journaling is a great way to express your creativity, organize your thoughts, and remember more of your dreams. Create a personalized journal with a variety of supplies and fill it with writing prompts and inspirations to set you on your creative success!
Instructor: Klara Carlson

Spice of Life: Salatas

Tuesday, Oct. 2 • 6:00-7:30pm • \$15
Learn to make five authentic salatas that add a zing of flavor to your diet and take home your own salatas.
Instructor: Vickie Sanchez

Parenting: Love & Logic

Thursday, Oct. 2-24 • 6:00-7:30pm • \$10
This is a more interactive course and deep parents and children build relationships on trust and love. Learn how to clearly handle power struggles, set and enforce limits, empower your kids, and more.
Instructor: Stephanie Hintz

5 Herbs to Master at Home

Saturday, Oct. 5 • 9:00-11:00am • \$20
This class will focus on five medicinal herbs useful for a variety of remedies. Learn about medicinal properties including taste, toxicity and safety.
Instructor: Kerri Kierman

Seasonal Mood Elixirs

Saturday, Oct. 19 • 10:00am-12:00pm • \$10
December holidays can support the mind and body during a stressful time. Learn about holistic techniques to help cope with the winter blues. Make a custom tea or tincture blend for 60-year-olds.
Instructor: Kerri Kierman

Yarn Tapestry

Saturday, Sep. 22 • 10:00-11:30am • \$10
Create beautiful art for your home using yarn, fabric, and natural materials. Supplies included or bring your own. Open to all ages.
Instructor: Klara Carlson

Good & Cheap Cooking

Thursday, Sep. 26 • 6:00-7:30pm • \$10 or Free for WI EBT Users
This is a more interactive course and deep parents and children build relationships on trust and love. Learn how to clearly handle power struggles, set and enforce limits, empower your kids, and more.
Instructor: Kerri Kierman

Kombucha 101

Tuesday, Oct. 8 • 6:00-7:30pm • \$15
Kombucha is a fermented tea beverage that has health benefits and flavor. Learn how to make it and receive a SCOBY starter to take home and sample. Receive a home brewed kombucha.
Instructor: Karen Schels

COOKING CLASS
Learn kitchen skills and techniques for preparing recipes and serving.

DEMO
Demonstration
Watch a demonstration by an expert through recipes, talks, and more.

MAKE & TAKE
Create something at this class that you will take home—recipes, meals, etc.

Healthy Connections Classes

Take Control of Your Intestinal Health

Monday, Sep. 15 • 6:30-8:30 pm
This class will cover all of the latest research on gut health and how to improve it. You'll learn about the benefits of probiotics, prebiotics, and fiber, and how to incorporate them into your diet. This class is perfect for anyone who is interested in improving their gut health and overall well-being.
Instructor: Kerri Kierman

The 8-Shields Model and Kalaga

Wednesday, Sep. 16 • 6:30-8:30 pm
This class will cover the 8-Shields Model, a holistic approach to health and wellness. You'll learn about the importance of nutrition, movement, and stress management, and how to incorporate these into your daily life. This class is perfect for anyone who is interested in improving their overall health and well-being.
Instructor: Kerri Kierman

Agave: Mindful Medication and Combining Foods Wisely

Monday, Sep. 22 • 6:30-8:30 pm
This class will cover the benefits of agave and how to use it in your diet. You'll learn about the different types of agave and how to choose the best one for your needs. This class is perfect for anyone who is interested in improving their diet and overall health.
Instructor: Kerri Kierman

Seasonal Salads and Artisanal Cheeses

Monday, Sep. 22 • 6:30-8:30 pm
This class will cover the benefits of seasonal salads and artisanal cheeses. You'll learn about the different types of cheeses and how to choose the best one for your needs. This class is perfect for anyone who is interested in improving their diet and overall health.
Instructor: Kerri Kierman

Modern Japanese

Tuesday, Sep. 24 • 6:30-8:30 pm
This class will cover the benefits of modern Japanese cuisine. You'll learn about the different types of Japanese dishes and how to choose the best one for your needs. This class is perfect for anyone who is interested in improving their diet and overall health.
Instructor: Kerri Kierman

Enhancing Brain Function with Neurofeedback

Wednesday, Sep. 25 • 6:30-8:30 pm
This class will cover the benefits of neurofeedback. You'll learn about the different types of neurofeedback and how to choose the best one for your needs. This class is perfect for anyone who is interested in improving their brain function and overall health.
Instructor: Kerri Kierman

Nourishing Gluten-Free Family Dinners

Thursday, Sep. 26 • 6:30-8:30 pm
This class will cover the benefits of gluten-free family dinners. You'll learn about the different types of gluten-free dishes and how to choose the best one for your needs. This class is perfect for anyone who is interested in improving their diet and overall health.
Instructor: Kerri Kierman

Let's Make Mozzarella and Burrata

Monday, Sep. 28 • 11:30 am-1:30 pm
This class will cover the benefits of making mozzarella and burrata. You'll learn about the different types of cheeses and how to choose the best one for your needs. This class is perfect for anyone who is interested in improving their diet and overall health.
Instructor: Kerri Kierman

Menomonie Market Food Co-op - Menomonie, WI; Community Food Co-op - Bellingham, WA; Whole Foods Co-op - Erie, PA; The Food Co-op - Port Townsend, WA

COOP community center JUNE CLASSES

All classes are held in the Co-op Community Center.

Breathe with Bridget

Wednesday, June 5th at 6:00pm
Wednesday, June 12th at 6:00pm
with Bridget Allen, mother, musician, photographer and world explorer. Her creative approach to yoga blends movement, mindfulness and humor into a one-hour class that will leave you inspired and renewed. Bring water, you will sweat! Some mats will be available. Feel free to bring your own. Cost: \$12 per class payable to instructor. Sign up at the customer service desk or email outreach@wfcme.coop. We're welcome!

Board of Directors Meeting

Wednesday, June 26th at 5:30pm
Get involved in your co-op! All member-owners are welcome and encouraged to attend our Board of Directors meetings every fourth Wednesday of the month.

Meet the Author: Jon Steinman

Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants

Thursday, June 27th at 6:00pm
Jon Steinman will be joining us in the community room for a presentation on why food co-ops are the future of food. A Q&A and book signing will follow. Copies of his book will be available for purchase. Author Jon Steinman deconstructs the food retail sector and the challenges that food co-ops face. He makes the case for co-ops as an alternative and shows how co-ops can support the creation of local food-based economies and enhance low-income food access. This event is free. Sign up at the customer service desk or email outreach@wfcme.coop.

WEEKLY CLASSES

Hemp-derived CBD: Just the Facts

Tuesday, June 18th at 6:00pm
What's the deal with CBD? Cannabidiol (CBD) is a hemp-derived nutrient that has been receiving a lot of attention for its benefits in health and wellness. It's likely that you've heard from someone who is using it to control their stress or pain. Despite its popularity, there is a lot of confusion about the complex science regarding CBD. Let's break the facts down together. Join us in this informative session with national educator Miles Sarik as he discusses CBD's interaction with the endocannabinoid system, how CBD was discovered, and much more! This event is free. Email outreach@wfcme.coop or sign up at the customer service desk to reserve your spot for June 18th.

Flow Yoga

Every Monday at 9:30am
Join Betty Amantegolo for a class consisting of gentle yoga, mindfulness techniques, and guided meditation. Yoga mats available but feel free to bring your own. Cost: \$10 payable to instructor.

Midday Meditation

Every Wednesday at 3:00pm
Join Freda Tepler for a basic meditation sitting group (one hour). There will be a brief reading, a 25-minute sitting meditation, some walking meditation, followed by a short sitting meditation. It may vary from week to week and various breathers' practices may be explored, depending upon the participants. This class is free. No donations necessary.

Earth Kids: Bee Kind to Pollinators

Friday, June 21st at 1:30pm
Students in grades 1-2 are invited to join National Geographic's Certified Educator Jessica DeBono for a one-hour workshop that will introduce them to some of the pollinators in our area, both native and domesticated, teach them the importance of pollinators to their community and environment, and help them to understand what pollinators like bees and butterflies need to survive. This workshop is part of a once-a-month summer series which will include a series of nature workshops for kids in July and an annual family nature walk in August. This class is free. Sign up at the customer service or email outreach@wfcme.coop with your child's name and age. Please note: Parents/Guardians must stay in the community room for the duration of the class. We are welcome to visit in our dining area.

Yoga of 12-Step Recovery

Every Sunday at 1:00pm
with Betty Amantegolo's 1228 combines the practical tools of the 12-step program with the ancient wisdom of yoga. Combining the two creates a model that truly addresses addiction as the physical, mental & spiritual disease that it is. 1228 is for anyone working with addictive patterns or affected by those patterns in others. This event is free and open to the public. Donations appreciated.

More information: Call 814-456-0382 ext. 111 or email outreach@wfcme.coop www.wfcme.coop

Co-op Classes & Events

GROCERY STORY

Thursday, September 19th, 2019
Book signing & author talk
Meet the author!

INCOME-SEEKING COOKING

Monday, September 23rd, 2019
6:30-8:30 pm

AYURVEDA INSPIRED DETOX

Monday, September 23rd, 2019
6:30-8:30 pm

CLASSIC TURKISH RECIPES

Monday, September 23rd, 2019
6:30-8:30 pm

OBVIOUS FOODS OF GREECE

Monday, September 23rd, 2019
6:30-8:30 pm

EDIBLE MUSHROOMS

Monday, September 23rd, 2019
6:30-8:30 pm

BOOK SIGNING & AUTHOR TALK

Meet the author!

INTERMEDIATE BEACH Clean Up

Wednesday, September 25th, 2019
6:30-8:30 pm

CLASSIC TURKISH RECIPES

Monday, September 23rd, 2019
6:30-8:30 pm

5¢ Giving back to Beans



Co-op Food Stores - Lebanon, NH



Whole Foods Co-op - Erie, PA [photo submitted]

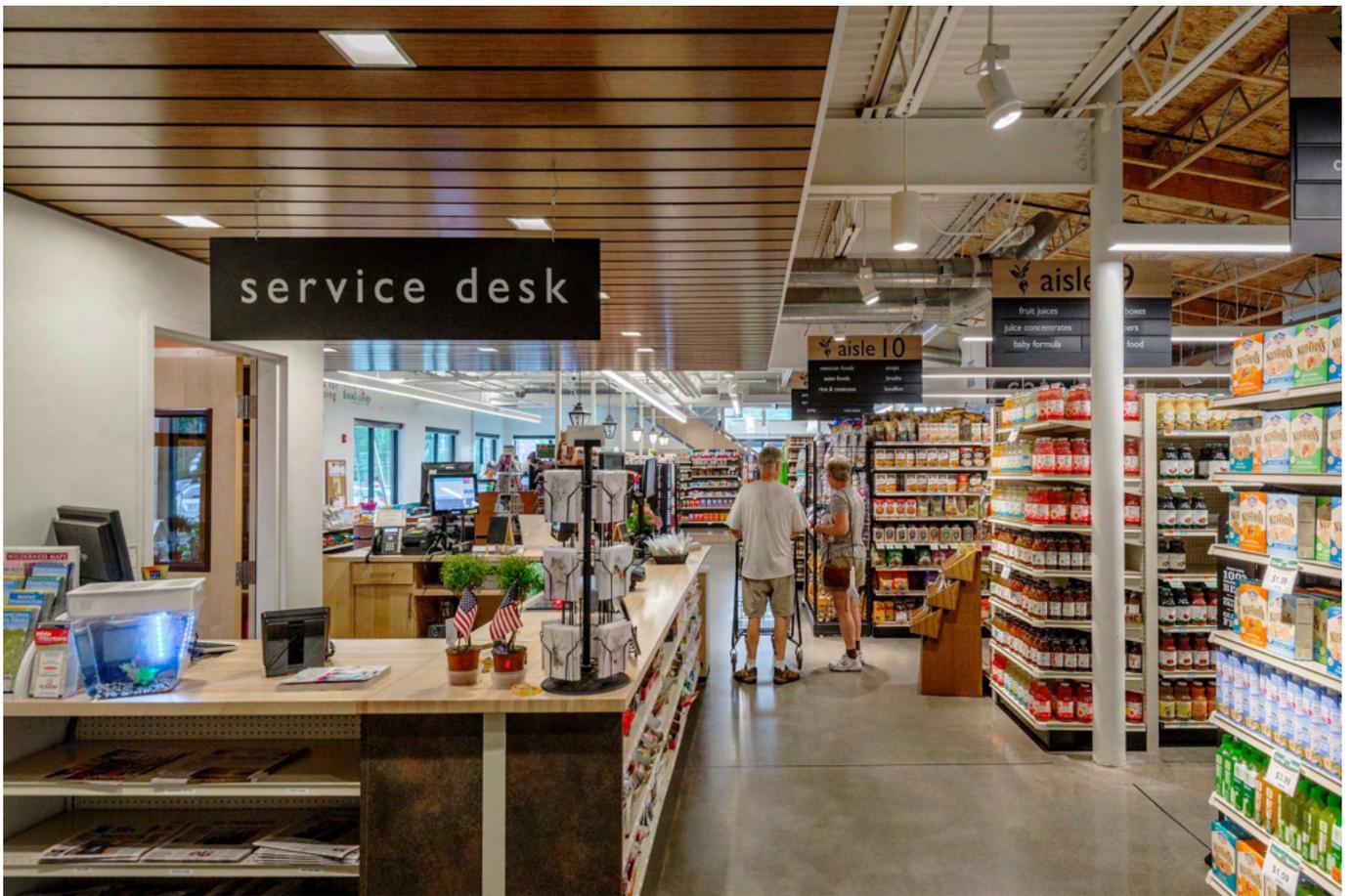
Teaching
Kitchens
double as
community
and meeting
rooms and
even café
seating.



Ashland Food Co-op - Ashland, OR



(Bottom Left & Right) Green Top Grocery - Bloomington, IL [photo submitted]



Littleton Food Co-op - Littleton, NH *[photo Gary Hall]*



Common Market Co-op - Frederick, MD



Kootenay Co-op - Nelson, BC

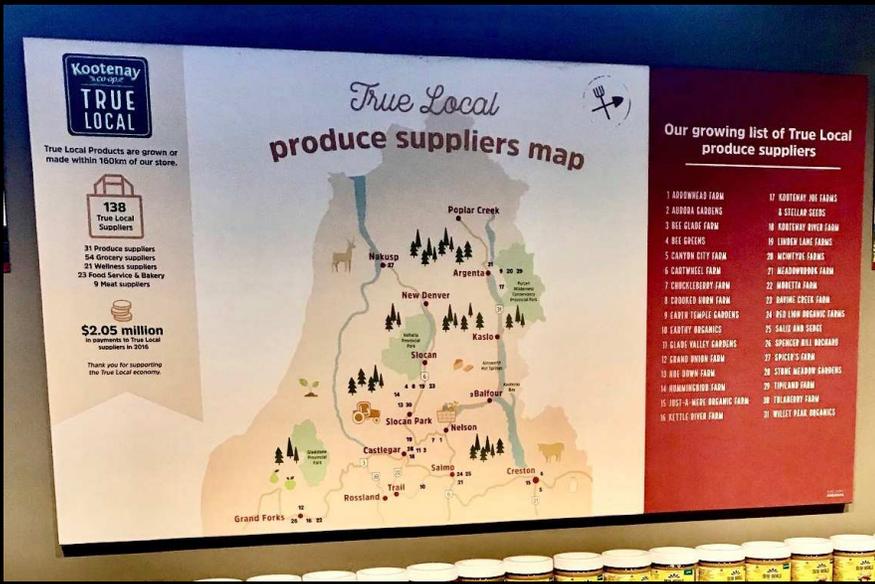
the **CUSTOMER SERVICE DESK**

WHAT'S "LOCAL"?



BriarPatch

Farm-Direct Relationships



'True Local' map @ Kootenay Co-op - Nelson, BC; What's 'local' @ The Food Co-op - Port Townsend, WA; Defining "local" @ Green Top Grocery - Bloomington, IL and Medford Food Co-op - Medford, OR; What's local in the salad bar @ Kootenay Co-op?

VISION, MISSION AND VALUES

Kootenay co-op

Vision

We envision thriving communities with resilient food systems, where all people have access to affordable food that is healthy for our bodies, our communities, and the Earth.

Mission

We serve our members and community and strengthen our local food system by providing the highest quality, local, sustainable, and organic products at reasonable prices, in a welcoming environment, with exemplary customer service.

Core Values

1. We favour local and regional growers, processors, and producers committed to sustainable practices.
2. We source organic products when feasible and available.
3. We provide fair compensation and a meaningful, just work experience for all employees.
4. We promote community dialogue and empowerment through education about food, health, the environment and social justice.
5. We are committed to transparency, and we support local organizations that enrich our community.
6. We strive to balance equity social justice, environmental stewardship and financial responsibility.

Kootenay co-op News & Events

TRUE LOCAL SUPPLIER OF THE WEEK

Viva Cacao

Meet the local supplier of the week, Viva Cacao, who provides high-quality cocoa products. They are committed to ethical sourcing and supporting local farmers.

CALENDAR OF EVENTS

Upcoming Events

- August 20: The Kootenay Co-op is proud to announce the launch of our new online store.
- September 1: Community Clean Up at the Kootenay Co-op.
- September 15: Community Clean Up at the Kootenay Co-op.
- September 20: Community Clean Up at the Kootenay Co-op.

Kootenay co-op SIGN UP FOR OUR E-NEWS

Stay up to date on Co-op News and Events! Sign up at Customer Service.

COMMUNITY GRANTS

COMMUNITY GRANT: PEMACULTURE CLUB FOR YOUTH AT LY ROGERS SECONDARY SCHOOL

The Pamaculture Club grants are aimed at their education and health. The grants are used to purchase food systems, such as composting bins, and to support local growers.

Goal #1: To demonstrate to members and other stakeholders the benefits for them to learn how to grow their own food, as a sustainable year-round resource.

Goal #2: To provide a platform for a multi-year project to establish a high-impact education, volunteer, student, and teacher program, with a focus on food systems, local growers, and community engagement.

Goal #3: To integrate sustainable, low-cost techniques that reduce student engagement with opportunities to bring food to school, and to support local growers.

COMMUNITY GRANT APPLICATIONS DUE SEPTEMBER 1st

We are looking for innovative and creative ideas for our community grants. Applications are due on September 1st. Contact us for more information.

UPCOMING EVENTS

- Early Bird Pricing on Cooking Classes
- From August 20th until September 30th, we are offering early bird pricing on all our cooking classes. Sign up now to take advantage of this special offer.
- Board Election
- The Kootenay Co-op is holding its annual general meeting and board election. We are looking for members to run for the board and to vote.
- Staff Party
- We are having a staff party on September 15th. It will be a fun evening of food, drinks, and games. All staff are invited to attend.

Kootenay co-op COOKING CLASSES

Join us for our cooking classes. We have a variety of classes to choose from, including vegetarian, vegan, and gluten-free. Sign up now to reserve your spot.

\$30 **\$35** **\$20**

Register by September 20th to save \$10! Early-bird pricing for members only!

CLASS SCHEDULE

| | |
|---|--|
| BASIC SOUSCHEF with Maggie Jones Thursday, October 10th 7pm - 9pm | AKI-LINE ANATOMY with Maggie Jones Thursday, November 27th 7pm - 9pm |
| GET STARTED with Craig Hunter Thursday, October 17th 7pm - 9pm | MAKE YOUR OWN CRACKERS AND DIPS with Maggie Jones Saturday, November 23rd 11am - 1pm |
| BASIC FERMENTATION with Maggie Jones Thursday, October 10th 7pm - 9pm | BASIC SOUSCHEF with Maggie Jones Thursday, November 27th 7pm - 9pm |
| FLAVORING OF THE WORLD with Maggie Jones Thursday, December 11th 7pm - 9pm | PLANT-BASED COOKING - FOR KIDS with Maggie Jones Saturday, November 23rd 11am - 1pm |
| INDIAN COOKING with Maggie Jones Saturday, December 11th 7pm - 9pm | PLANT-BASED COOKING - FOR KIDS with Maggie Jones Saturday, November 23rd 11am - 1pm |
| PLANT-BASED COOKING - FOR KIDS with Maggie Jones Saturday, November 23rd 11am - 1pm | PLANT-BASED COOKING - FOR KIDS with Maggie Jones Saturday, November 23rd 11am - 1pm |
| PLANT-BASED COOKING - FOR KIDS with Maggie Jones Saturday, November 23rd 11am - 1pm | PLANT-BASED COOKING - FOR KIDS with Maggie Jones Saturday, November 23rd 11am - 1pm |

STAFF PROFILE

Victoria Prokhorova

SMS Coordinator

WHAT DO YOU WANT TO DO TODAY?
I want to help our members and staff.

WHAT ARE YOUR FAVORITE PRODUCTS AT THE CO-OP?
I love our local produce and organic products.

GENERAL STORE UPDATES

Raise a fare to raising standards

WOODEN CUTLERY IS HERE!

You, the members, have the right to use the best in the store, and we have the right to raise the standards. We are introducing wooden cutlery made in Canada.

- Hand-cutlery will be available until the end of the year, after which we will only offer plastic cutlery for sale.
- Month cutlery will be free for the first year, August 1st until August 31st.
- Starting August 1st, each piece of cutlery will cost \$2.00 for the first year, and \$1.00 for the second year.
- Cutlery will be available in the store, and online.

Sensory Sensitive Shopping Hours

From 7:30 am to 9:00 am on Saturday, we are offering sensory sensitive shopping hours. This is a quiet time for our members who are sensitive to noise and bright lights.

Kootenay co-op We're Hiring!

CURRENT OPENINGS:

- BARISTA FT.
- CUSTODIAN PT.
- KITCHEN SERVICE CLERK FT.
- LEAD BAKER PASTRY COOK FT.

updated Aug 22, 2019

Drop in on Tuesday between 4 and 5 PM to discuss your application. Visit KootenayCoop.com for more information about working at the Co-op!

3YOC

3 Years Old and Counting

Corstina Matsys
BYO BEER WINE

ORGANIZATION OF THE MONTH

OUR DAILY BREAD

Our Daily Bread offers a variety of breads, including whole grain, gluten-free, and organic. We are proud to support local growers and provide high-quality products.

ADD \$2 (LO MOAT) DROP CASH IN THE STORE

MEMBER PROFILE

Lurane Zeabin

Member, BC

WHAT ARE YOU UP TO TODAY?
I'm working on my garden and reading.

WHAT ARE YOUR FAVORITE PRODUCTS AT THE CO-OP?
I love our local produce and organic products.

BOARD MEETING MINUTES

WHERE DO I JOIN?

Join us for our board meeting on September 16, 2019. We will discuss the current state of the co-op and future plans.

September 16, 2019
From 4:00 PM to 6:00 PM
The Kootenay Co-op, 210 West 10th St.

RUN FOR OUR BOARD!

Join our board of directors and help us make a difference in our community. We are looking for members who are passionate about food, health, and the environment.

Meet the Board:

- Alex Bryson
- Alexandra Forsythe
- Joe Pickering

SPECIALS

ON SPECIAL THIS WEEK

7-DAY SALE

| | |
|-----------------------------|-----------------------------|
| Organic Apples \$3.99 | Organic Bananas \$3.99 |
| Organic Strawberries \$3.99 | Organic Raspberries \$3.99 |
| Organic Blueberries \$3.99 | Organic Blackberries \$3.99 |
| Organic Raspberries \$3.99 | Organic Blackberries \$3.99 |
| Organic Apples \$3.99 | Organic Bananas \$3.99 |
| Organic Strawberries \$3.99 | Organic Raspberries \$3.99 |
| Organic Blueberries \$3.99 | Organic Blackberries \$3.99 |
| Organic Raspberries \$3.99 | Organic Blackberries \$3.99 |

Climb Every Mountain

Join us for our mountain climbing gear sale. We have a variety of gear, including tents, sleeping bags, and backpacks. Sign up now to reserve your spot.

COMMUNICATION



**MOSCOW
FOOD CO-OP**

Moscow Food Co-op
100% Cotton Canvas Tote Bag
\$9.99
EACH
10000000

[photo Bullhorn Creative]



[design by Jenn Kliese]





[photo MSI General]

Outpost Natural Foods - Mequon, WI | OPPOSITE (Top to Bottom) Kootenay Co-op - Nelson, BC;
Viroqua Food Co-op - Viroqua WI; Community Food Co-op - Bozeman, MT

MEAT & SEAFOOD



[photo submitted]



[photo submitted]

ROUND UP REGISTER

AT THE REGISTER

THE CO-OP'S ROUND UP AT THE REGISTER PROGRAM IS AN EASY WAY FOR CO-OP MEMBERS TO DONATE TO LOCAL ORGANIZATIONS THAT ARE MAKING OUR COMMUNITY A BETTER PLACE. SINCE THE PROGRAM BEGAN IN THE SPRING OF 2015, WE HAVE RAISED OVER \$1.3M. THANK YOU FOR YOUR GENEROUS CONTRIBUTION!

2019 Recipients

| | | |
|-----------|--|---------|
| January | MUSICA ANDRILL | \$6,744 |
| February | SACRAMENTO RECEIVING HOME | \$6,391 |
| March | 4 R FRIENDS | \$7,453 |
| April | ADOP'T & FOSTER | \$6,861 |
| May | HOPE COOPERATIVE | \$7,459 |
| June | LEAF COMMUNITY CENTER | \$8,870 |
| July | YERKEL FAMILY FARM | \$8,995 |
| August | WELLSPRING WOMEN'S CENTER | \$9,493 |
| September | ECOLOGICAL FARMING ASSOCIATION | \$6,776 |
| October | SACRAMENTO COOPERATIVE COMMUNITY FUND | \$5,811 |
| November | SACRAMENTO FOOD BANK & FAMILY SERVICES | |
| December | RIVER CITY FOOD BANK | |

2019 Total ^{MEM} \$1,313,422.78

© 2019 Natural Foods Co-op. All rights reserved. Photo credit: Sacramento Natural Foods Co-op.

ROUND UP

Our Round Up program directly funds our Low-income Membership (LiMe) program. When you agree to round up your total to the nearest dollar, every cent will go towards funding the new LiMe Program. This is our way of promoting food equality in our community. Round Up today!

This Month's LiMe Discount: 20 %

LiMe PROGRAM

Our Low-income Membership (LiMe) program is funded by our Round Up program. Deep Roots Market promotes food equality in our community. If you think you qualify for the LiMe program please fill out our LiMe application. For more information about these programs, please ask a cashier.

VALUES

100% of your Round Up! change goes to non-profits in our community

| | | |
|------|-------------------------------------|------------|
| JAN | HEALTHY FOOD ACCESS | \$4,225.22 |
| FEB | MT. EUSTIS SKI HILL | \$3,985.62 |
| MAR | BANCROFT HOUSE | |
| APR | NORTH COUNTRY BEEKEEPERS | |
| MAY | BELIEVE IN BOOKS | |
| JUN | SECOND CHANCE ANIMAL SHELTER | |
| JULY | BOYS & GIRLS CLUB | |
| AUG | WESTLAKEM TRAILS PARKER MTRL. LOCAL | |
| SEPT | LITTLETON STUDIO SCHOOL | |
| OCT | LOCAL FOOD PANTRIES | |
| NOV | LITTLETON DOG PARK | |
| DEC | ADAPTIVE SPORTS PARTNERS | |

TOTAL YEAR TO DATE \$8,210.83

2018 Co-op STATS

- 93% OF STAFF ARE Eligible FOR FULL Benefits
- 47% OF OUR Management TEAM IS Women
- BriarPatch DONATED \$171k TO OUR Community
- 177,462 POUNDS OF Bananas SOLD! \$\$\$
- 60¢ OF EVERY \$1 IS SPENT Locally or Regionally
- HOW THE Pie IS SLICED
- Saved 10¢/liter

(Top Left) Sacramento Natural Foods Co-op - Sacramento, CA; (Top Right) Deep Roots Market - Greensboro, NC; (Bottom Left) Littleton Food Co-op - Littleton, NH; (Bottom Right) BriarPatch Food Co-op - Grass Valley, CA; OPPOSITE (Top Left & Right) Littleton Food Co-op; (Bottom Left & Right) Sacramento Natural Foods Co-op

Roger
Co-op Employee

We value and support workers with fair wages and benefits

100% OF STAFF earn livable wages

52% OF STAFF eligible for healthcare

GRAB A BOX and help us REDUCE our use of

KEEP REFRIGERATED

We have a positive impact on our local economy and shared community

| | |
|-----------------|-------------|
| Local Giving | \$24,853 |
| Local Purchases | \$1,788,000 |
| Wages Paid | \$2,033,000 |

*Numbers reflect impact in 2017

WE BUY FROM 297 Local VENDORS

SUPPORTING Local Growers SINCE 1973 41% OF TOTAL SALES ARE FROM LOCAL PRODUCERS

MEMBER Count 10,414

CO-OP'S WASTE: DONATES & COMPOSTS 65%, RECYCLES 35%, LANDFILL 9%

Co-op SHOPPERS SAVED 108,329 BAGS THIS YEAR!

JOIN OUR TEAM!

Are you passionate about food?
Do you enjoy providing genuine service to people in your community?
Enjoy working with a great team in a fast-paced environment?
Want to be at the center of the Farm-to-Fork experience?

Our Co-op has been a community-owned grocery store since 1973 and is committed to great food and excellent service, with an emphasis on local and organic products.

APPLY AT SAC.COOP/JOB

COMPENSATION

- Highly Competitive Pay
- Seating at \$13.25/hr
- Health Insurance
- Vision Insurance
- Dental Insurance
- 401(k) with Employer Matching
- Paid Time Off
- Employee Discount
- Life Insurance
- Employee Assistance Program

OUR MINIMUM WAGE IS 20% ABOVE THE CA MINIMUM WAGE

HEALTH INSURANCE 94% OF CO-OP EMPLOYEES ARE ELIGIBLE FOR HEALTH INSURANCE

Service Clerk

Meat Clerk

7 INTERNATIONAL PRINCIPLES OF CO-OPERATION

1 VOLUNTARY AND OPEN MEMBERSHIP

2 DEMOCRATIC MEMBER CONTROL

3 MEMBER ECONOMIC PARTICIPATION

4 AUTONOMY AND INDEPENDENCE

5 EDUCATION AND INFORMATION

6 CO-OPERATION AMONG CO-OPERATIVES

7 CONCERN FOR COMMUNITY

Entryway to Muskoka North Good Food Co-op - Huntsville, ON

Entryway to Kootenay Co-op - Nelson, BC

We strive to balance equality, social justice, environmental stewardship and financial responsibility.

We are committed to philanthropy, and we support local organizations that enrich our community.

Local Partner of the Nelson and District Food Society
Member & Donated from Royal Bank, Citibank, Scotiabank

We promote community dialogue and empowerment through education about food, health, the environment and social justice.

School tour of the Deli department.

We provide fair compensation and a meaningful, just work experience for all employees.

Gord and Cathy-Ann, having a great day at work.

solar

(Top to Bottom) Outpost
Natural Foods - Mequon WI;
Littleton Food Co-op -
Littleton, NH; BriarPatch Food
Co-op - Grass Valley, CA





CERTIFIED ORGANIC
 Certified by a third party to meet the Canadian Organic Standards. Organic standards include:

- Animal welfare requirements
- Certified organic & non-GMO feed
- Environmental Stewardship



CERTIFIED GMO-FREE
 Third-party certified to receive only certified non-GMO feed. GMO-free is required in the Canadian Organic Standards.



ANIMAL WELFARE CERTIFIED
 Certified by a third party such as SPCA or Global Animal Partnership to meet or exceed requirements for animal welfare. Animal welfare requirements are included in the Canadian Organic Standards.



TRUE LOCAL
 Raised on a farm within 160km of the Kootenay Co-op and visited by Kootenay Co-op staff. Look for a Statement of Farm Practices for more information about farm and animal management.



STATEMENT OF FARM PRACTICES
 A statement which explains the practices available which explain the practices used to maintain animal welfare and farm sustainability.



OCEAN WISE
 Certified by Ocean Wise Canada to be caught or farmed in a way that ensures the long-term health and stability of that species, as well as the greater marine ecosystem.



FROM BC
 Sourced from a farm located more than 160 km from the Kootenay Co-op but within British Columbia.



MADE HERE
 Made or cured here at the Kootenay Co-op.



Good Foods Co-op - Lexington, KY

in-house
SHELF
TAGS

art



Sacramento Natural Foods
Co-op - Sacramento, CA



25
MPH

1200



Harmony Co-op - Bemidji, MN

Davis Food Co-op - Davis, CA



Community Food Co-op - Bellingham, WA

Mississippi Market (East 7th) - St. Paul, MN





Astoria Co-op - Astoria, OR [photo Broken Banjo Photography]



Whole Foods Co-op - Erie, PA



Back-alley art at Kootenay Co-op's previous location (1991-2016) - Nelson, BC



FOODMAKER

Signage



Mississippi Market Co-op (E. 7th St.) - St. Paul, MN

OPPOSITE PAGE: (Top Left) Whole Foods Co-op - Erie, PA; (Middle Left) Good Foods Co-op - Lexington KY; (Bottom Left) People's Food Co-op - La Crosse, WI;

(Top Right) Kootenay Co-op - Nelson, BC;

(Bottom Right) Eastside Food Co-op - Minneapolis, MN



[photo Bullhorn Creative]



CSA PICKUP

Many food co-ops support local farms by offering their stores as distribution locations for Community Supported Agriculture (CSA) subscription programs.



(Top) Green Top Grocery - Bloomington, IL;
(Bottom) Whole Foods Co-op - Erie, PA;
[background image Broken Banjo Photography]



OJIBWE LANGUAGE PROJECT
OZAAWIMIN(AG)
 Orange(s)

Organic Valencia Oranges \$1.99 per lb



Harmony Co-op in Bemidji, MN labels foods in the store with their indigenous names.

OJIBWE LANGUAGE PROJECT
MISHIIMIN(AG)
 Apple(s)

Local Mantet Apples \$2.49 per lb



gather

people | food | community

Cafés in grocery stores are uniquely CO-OP

The Kootenay Co-op's cafe in Nelson, British Columbia seats 54 people in a variety of seating on two levels. The common table seats 10 and was constructed with wood from the building that was demolished to make way for the new store.



Co-opportunity Market's second location in Culver City, CA becomes host to a diversity of evening activities - book clubs, board games and good food. (Bottom) Monadnock Food Co-op (Keene, NH)





W A R M T H



Outpost Natural Foods built its fourth location in Mequon, WI in 2014. A separate but joined seating area doubles as a classroom and meeting room.

[photo MSI General]



(Top) Viroqua Food Co-op - Viroqua, WI [photo submitted]; (Bottom Left) Sacramento Natural Foods Co-op - Sacramento, CA [photo submitted]; (Bottom Right) Hendersonville Community Co-op - Hendersonville, NC [photo submitted];



Durham Co-op Market - Durham, NC; Weaver Street Market - Raleigh, NC [photo submitted]; Middlebury Natural Foods Co-op - Middlebury, VT [photo submitted]



gather
OUTDOORS





Littleton Food Co-op - Littleton, NH
[photo Gary Hall]



(Top) Sacramento Natural Foods Co-op - Sacramento, CA [photo submitted]; (Bottom) Astoria Co-op - Astoria, OR [photo Broken Banjo Photography]



order here

Eastside Food Co-op - Minneapolis, MN





(Top to Bottom) Sacramento Natural Foods Co-op - Sacramento, CA;
Outpost Natural Foods - Mequon, WI [photo MSI General]; Lakewinds Food
Co-op - Richfield, MN; OPPOSITE (Top to Bottom) Weaver Street
Market - Raleigh NC [photo submitted]; Kootenay Co-op - Nelson, BC;
The Food Co-op - Port Townsend, WA









| Hot Sandwiches | Costo | Quesadillas - Hot/Cold | Costo |
|---------------------------|-------|------------------------|-------|
| BLT with Swiss Cheese | 7.99 | Roasted Chicken | 5.99 |
| Ham, Apple & Brie | 7.99 | 4 Cheese & Chicken | 5.99 |
| Italian Sausage & Cheese | 7.99 | BBQ Chicken | 5.99 |
| Korean Pork | 7.99 | | |
| Marble Bacon Turkey | 7.99 | | |
| Turkey & Cheddar & Cheese | 7.99 | | |
| Steak & Cheddar | 7.99 | | |
| | | | |
| Asian Plates | Costo | Burrito Bar | Costo |
| Teriyaki Chicken | 7.99 | Signature Beef | 5.99 |
| Pepperoni | 7.99 | Signature Pork | 5.99 |
| Sausage | 7.99 | Signature Turkey | 5.99 |
| The Curry | 7.99 | Signature Chicken | 5.99 |
| Korean Beef Hashbrown | 7.99 | | |

VFC De
12oz \$3.39
16oz \$4.99
Additional items may apply to all options

Garden Chik

Chick Cheddar

LOCAL FOOD FEST
Celebrate all things local!
Saturday, April 11 • 10am - 4:30pm
• Over 40 vendors full of local products
• Free classes, demos, & free samples from local producers

GIVE WHERE YOU LIVE
Help us make a difference!



| MENU | |
|---|---|
| ICE DRINKS ICED COFFEE \$3.99 ICED CHAI \$3.99 LEMONADE \$3.99 ICED TEA \$3.99 SODA \$3.99 SMOOTHIES \$5.99 JUICES \$5.99 | SMOOTHIES ED-UP CLASSIC RASPBERRY PUMPKIN MANGO PEARL RAINBOW BLUETOPIC BERRY BLEND BERRY BLEND BERRY BLEND |

Specials

Rainbow State Smoothie
 NEW! SUMMER SMOOTHIE
 BLUETOPIC, MANGO, RASPBERRY, BANANA, LEMONADE
 PINK LEMONADE
 LEMONADE
 RAINBOW
 BERRY BLEND
 BERRY BLEND
 BERRY BLEND



DEMOCRATIC MEMBER CONTROL

In-Store Voting @ Seward Co-op - Minneapolis, MN



VOTE
Election results will be announced at the Annual Meeting Oct. 22

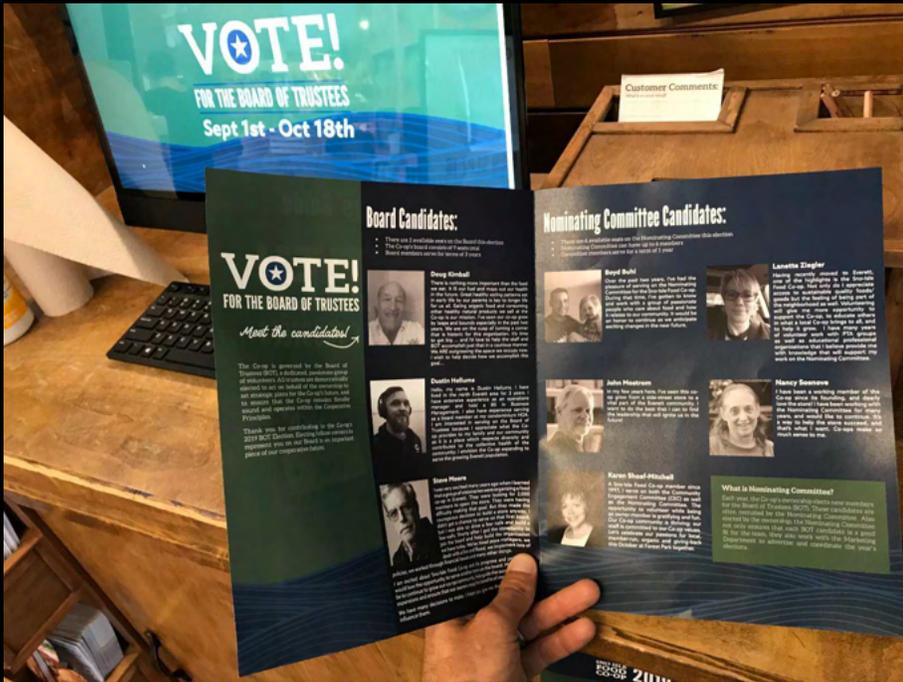
| | | | | | |
|--|---|--|--|-------------------------------|------------------------------|
| Karen Barnes Member | Betsy Barnum Member | Me'Lea Connelly Member | Shiranthi Goonathilaka Member | Dave Gutknecht Member | |
| Michelle Winter Hanson Member | Heather Hoecker Member | Connor Klausung Member | Jill Krueger Member | Kameron Lindsey Member | Dustin Mackbee Member |
| Samantha Price-Simon Designated Employee Director Candidate | LeDonna Sanders Redmond Designated Employee Director Candidate | DESIGNATED EMPLOYEE DIRECTOR CANDIDATES | | | |
| Josie Karr Designated Employee Director Candidate | Roderick C.K. McCulloch Designated Employee Director Candidate | Joe Morris Designated Employee Director Candidate | Tiara Williams Designated Employee Director Candidate | | |

2019 Board of Directors Election
Learn about the candidates and cast your ballot

Seward
CONSUMER'S CO-OP
Seward Community Co-op 2019 Board of Directors Election
Please log in using your Seward Co-op Store Number and Zip Code for this election.
Seward Co-op Store Number:
Zip Code:
[Log In]
Click the link in the email to read the privacy policy.
Contact Us at: 612-338-1111
[Survey Ballot]

Lenovo

PRINCIPLE 2 IN ACTION..



(Top Left) In-Store Voting @ Sno-Isle Food Co-op - Everett, WA;
(Top Right) Co-op Food Stores - Lebanon, NH; (Bottom Left) Meet your board signage @ Common Market Co-op - Frederick, MD;
(Bottom Right) Green Top Grocery - Bloomington, IL



Bisman Community Food Co-op - Bismarck, ND; The Mustard Seed Co-op - Hamilton, ON





Maple City Market - Goshen, IN; Menomonie Market Food Co-op - Menomonie, WI





coop deals
Peace Cereal - Maple Pecan 2/\$6.00
Peace Cereal - Vanilla Almond 2/\$6.00
Peace Cereal - Wild Berry 2/\$6.00



4
6
5
6

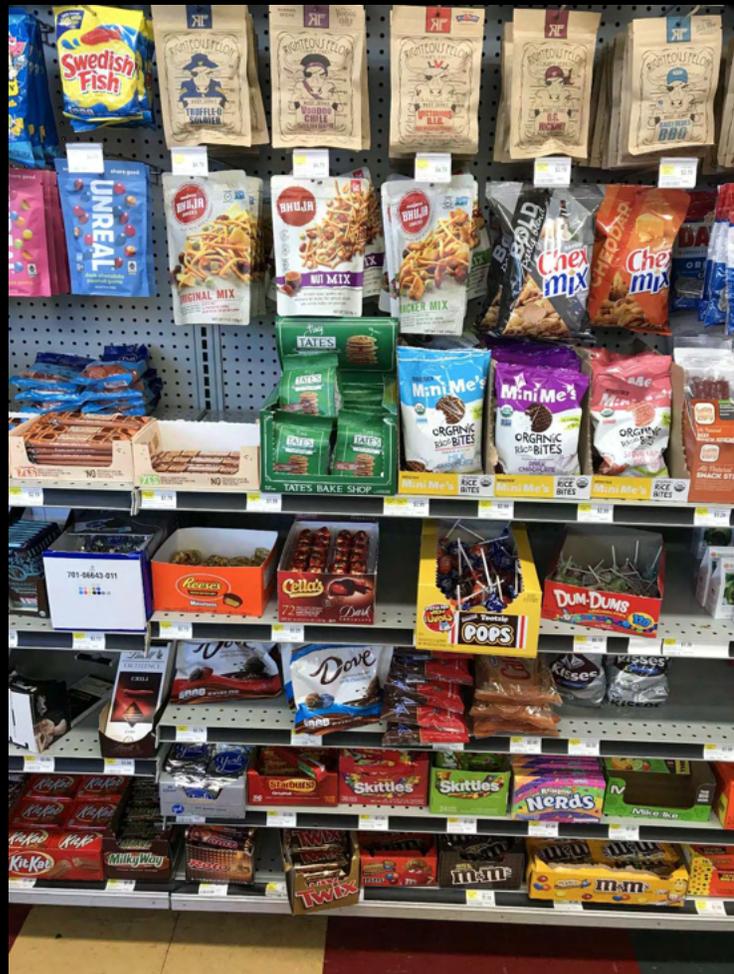


4
6

Integration

Food co-ops may choose to serve a wide diversity of product preferences - particularly when the store is the only grocer in the neighborhood. The shelves of these co-ops strategically integrate more familiar conventional brand names with 'better-for-you' and local options. To encourage healthier eating, these co-ops intentionally position 'better-for-you' or local options at eye-level or at easily comparable placements.

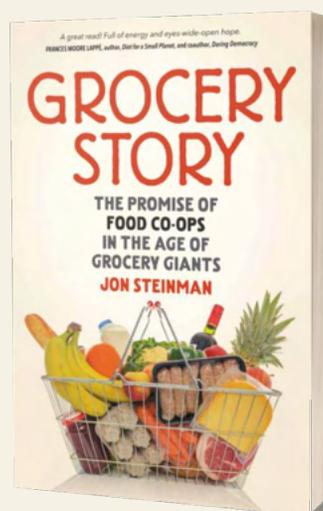
OPPOSITE PAGE: Seward Co-op (Friendship store) - Minneapolis, MN
RIGHT PAGE: Swarthmore Co-op - Swarthmore, PA



... Integration

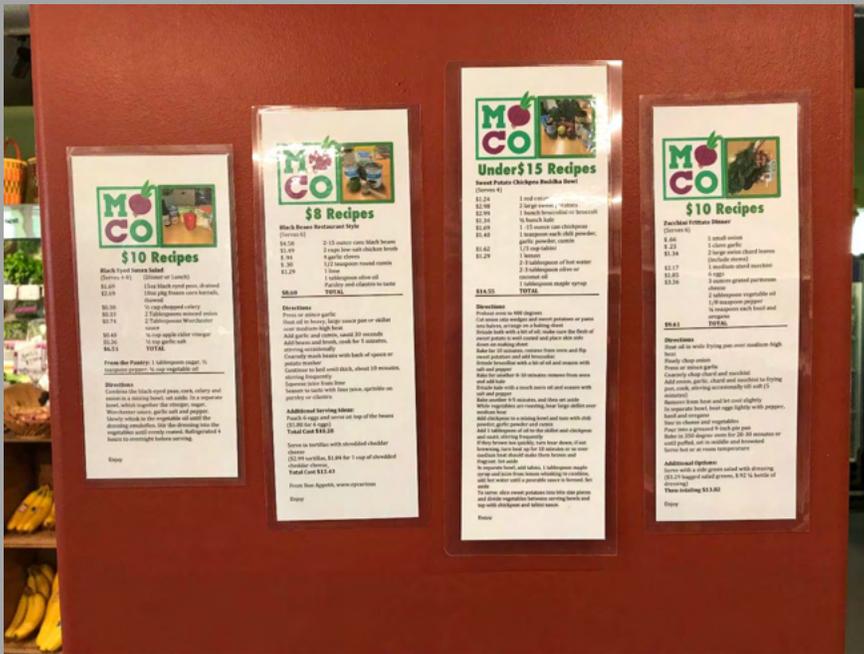


www.grocerystory.coop



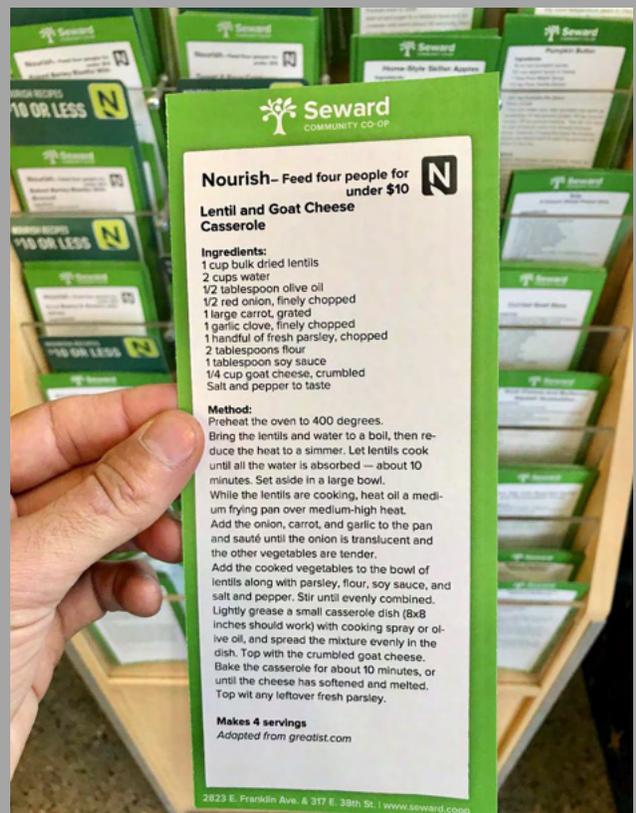
COOK AT HOME

on a budget



These co-ops inspire their customers with recipes, the shopping list, and the budget, all in one place.

(Top left) Morrisville Food Co-op - Morristown, VT;
(Bottom) Seward Co-op - Minneapolis, MN



the CHECKOUT



Whole Foods Co-op
(Denfeld) - Duluth, MN

[photo submitted]



STAY
BACK!

ORGANIC SEEDS
\$1.69

\$1.69



(Top to Bottom) Green Top Grocery -
Bloomington, IL; Sacramento
Natural Foods Co-op - Sacramento,
CA; Kootenay Co-op - Nelson, BC



(Top to Bottom) Eastside Food Co-op - Minneapolis, MN; Swarthmore Co-op - Swarthmore, PA; Urban Greens Co-op Market - Providence, RI [photo NFCA]



(Top) Astoria Co-op - Astoria, OR [photo Broken Banjo Photography]; (Bottom) South Philly Food Co-op - Philadelphia, PA [photo Albert Yee]





GREEK DRESSING \$9.99 400ml
LEMON POPPYSEED DRESSING \$9.99 400ml
ENEVITA & TAMARI DRESSING \$9.99 400ml
BALSAMIC DRESSING \$9.99 400ml



MOROCCAN CARROT OLIVE DIP \$11.99 400ml
1 LB. MEAT LATER DIP \$11.99 400ml
HOUSE-MADE HUMMUS \$9.99 400ml



DIP PARTY BENTO
 \$5.99/EACH



SPICY YAM & KALE SALAD
TRADITIONAL POTATO SALAD
LEMON DILL DIZO SALAD
FLOWER POWER SALAD EXPLOSION



ROASTED GARLIC & PUMPKIN FLATBREAD **CLASSIC MARGHERITA FLATBREAD**

co-op kitchens

Everything you see here was crafted inside the kitchen at the Kootenay Co-op - Nelson, BC

B
R
A
N
D







[photo Broken Banjo Photography]



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[photo seven roots]

(Top) Dill Pickle Food Co-op - Chicago, IL; (Middle Left) Astoria Co-op - Astoria, OR; (Middle Right) Weaver Street Market - Raleigh, NC; (Bottom Left) South Philly Food Co-op - Philadelphia, PA; (Bottom Right) Urban Greens Co-op Market - Providence, RI

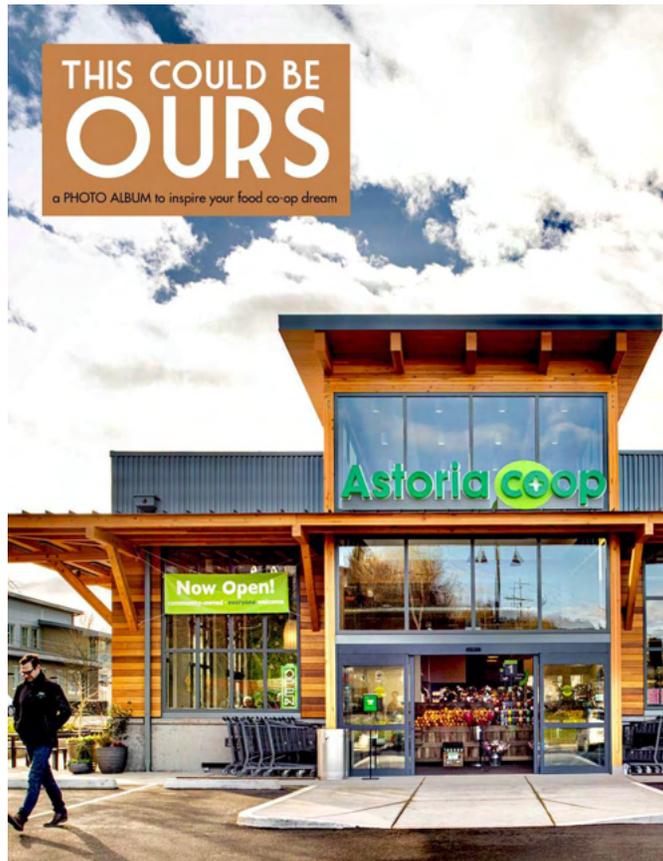


[photo Broken Banjo Photography]
[photo Butterfish Studios]



[photo submitted]
[photo NFCA]





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Building a More Inclusive Economy

NCG helps unify food co-ops in order to optimize operational and marketing resources, strengthen purchasing power, and offer more value to food co-op owners and shoppers everywhere. Together, we are building a more inclusive economy.

