WELCOME!

You’ve just joined over 6500 people on the Quimper Peninsula who believe in the value of owning our own grocery store. Thank you for investing in our cooperative future!

We are different than other grocery stores and we’re proud of that difference. Being owned by our community means that everything we do is for our community, and we have to work harder, think more creatively, and listen more carefully to the many different voices of our members in order to create this unique food market. But it’s not all hard work—we have lots of fun here, too, from demos by local vendors to diverse—sometimes even silly—background music. We even get the occasional Flash Mob dance through the produce aisles.

On a more serious note, The Food Co-op exists, in essence, to sell good food at a fair price—but while we do that, we also want to make a difference in our community. That difference is stated in something we call our “Ends”—basically ambitious goals we hope to achieve over time. We use those Ends to make sure that we grow our business the right way, pursuing what we call our triple bottom line of people, place, and prosperity.

We think The Food Co-op is amazing and hope you do too. There are many ways for you to be involved, from shopping, of course, to taking cooking classes, reading the Co-op Commons, writing customer comment cards (which we answer!), joining a committee, attending the Co-op annual meeting, and voting or running for our Board of Directors.

I welcome comments and suggestions for how we can make our store even better—and while I may not be able to do everything you ask, you can be sure I’ll listen and think long and hard about what you tell me.

Cooperatively Yours,

Kenna Eaton, GM
SEEKING to uphold the health of our community and world, the Food Co-op, a consumer cooperative, serves our membership by making available reasonably priced whole foods and other basic goods and resources by means of our life-affirming democratic organization.

If you want to be incrementally better: Be competitive.
If you want to be exponentially better: Be cooperative.

- Anonymous
OUR PRINCIPLES

The Food Co-op, whose members voluntarily and consciously cooperate for the common good, acts to create social and economic change and improvement within the larger community. In the spirit of this cooperative endeavor, we affirm and promote our mission by:

- providing healthful, environmentally responsible and socially accountable food, products, packaging, nutritional information, and education.

- functioning as a member-owned cooperative, using a broad range of opportunities for member volunteerism, participation, and involvement.

- creating a model for economic, social, and environmental justice, sustainability, democracy, and integrity.

- generating an engaging workplace through the cultivation of the principles of trust, fairness, transparency, democracy, and cooperation.

- supporting local farmers and the development of regional food production systems and emphasizing seasonal availability of local and regional products.

- operating in a transparent fashion to engender trust in all aspects of cooperative governance and operations so that member votes, opinions, and concerns are heard and weighted fully.

Affirming the necessity of continuous effort and persistent application of these principles, adding to them the Rochdale Principles of 1844, as revised by the International Co-operative Alliance Congress in 1966 and updated in 1995, to sustain a healthy and viable cooperative and to accomplish our mission.
WHAT IS A CO-OP?

A cooperative is group of people working together to fulfill some common need. Those needs tend to be material, such as whole foods or affordable housing, but less tangible goals are usually also involved—more community or democracy, for instance. Cooperatives are businesses, but they differ from corporations in that the people who use the cooperative are the ones who own it. There are no outside shareholders calling the shots, so we can run it for the benefit of ourselves and our community.

There are several types of cooperatives—consumer, worker, producer—and most any kind of business can be a cooperative—credit unions, farms, bakeries, preschools, just to name a few. All cooperatives, though, share similar principles and ideals, derived from the first permanently successful cooperative, the Rochdale Society of Equitable Pioneers.

THE ROCHDALE PRINCIPLES

1) Voluntary and open membership
2) Democratic member control
3) Member economic participation
4) Autonomy and independence
5) Education, training, and information
6) Cooperation among cooperatives
7) Concern for the community
HOW DID CO-OPS START?

In 1844, a group of weavers in Rochdale, England, pooled their funds to start a tiny store to sell genuine foods at a fair price. Back then it was not uncommon for metal shavings to be mixed into tea leaves or chalk into flour to make more money. The Pioneers began with sugar, flour, butter, oatmeal, and candles, but their ambition was far grander. They called themselves Equitable Pioneers because they planned to create a new, better world. Influenced by movements such as Chartism, they wanted universal education, the right to vote, and political and economic control over their own lives. And they really did succeed in helping to create a more equitable society, because cooperative stores grew exponentially, and their reading rooms, lectures, and adult education courses, as well as the hands-on experience of democracy that cooperatives provided, prepared a new generation for democratic leadership in England.

The Rochdale cooperative succeeded where others had previously foundered partly through the guidelines they developed. For instance, every member had to contribute funds (today we contribute $100 to the Co-op's equity, but the Pioneers contributed three month's wages!) and prices were the same as privately-owned stores (profits at the end of the year were divided among the members as member dividends, just as we do today). Each member had equal rights and an equal voice. These guidelines—often called the Rochdale Principles—have been updated since then, but they promote the same social vision of the original Pioneers. Today, over 800 million people belong to cooperatives world wide, and we all share these principles.
Like many cooperatives of the 60s and 70s, our Food Co-op began as a kind of buying club, set up to access what were then hard-to-find items like brown rice and whole wheat flour. In 1972 the club formally became a cooperative, opening a store in Uptown PT where Pane d’Amore now operates. Since deliveries to our tip of the peninsula were difficult to arrange and quite expensive, “the Run” was born, with members traveling down to Seattle to pick up goods.

In the 1980s, we moved around the corner to a larger space (now the Puffin Shoe Repair and Land Trust building). As with many mid-Seventies cooperatives, at first the work was done by members volunteering their time, but as the Co-op grew, staffing became more regularized and the work was paid. With a few hiccups along the way, the Co-op continued to grow, and eventually Co-op Too opened next door to provide nonfood items members wanted.
After local activists helped keep Rite Aid from moving into the former bowling alley on Kearney Street, we took the opportunity to move down to our current site. In 2001, Co-op owner-members made a jolly parade of the move to the new store, pushing grocery carts full of the inventory from the old store to the new. In one swoop, we went from 1800 to 8000 square feet. We wondered how we’d ever use all that space, but you’ll notice we managed to fill it without much trouble!

The Food Co-op has always been committed to local farmers, local producers, and our community. We work with farmers and producers as well as local organizations active on food issues or providing healthy food to our community, such as the Food Bank, the Boiler Room, and the Jefferson Land Trust.

The support of our member-owners for local food is strong, and that support is essential to our ability to promote local farmers and businesses. We believe a strong foodshed is crucial to our resilience as a community, so thank you for shopping local!
HOW OWNERSHIP WORKS

Everyone is welcome to shop at The Food Co-op, but member-owners get some special benefits as well as the satisfaction of knowing that we are contributing to the health and resilience of our community.

An important cooperative principle is Member Economic Participation. Members of a cooperative support their co-op by putting equity—i.e. money—into the cooperative and by using the business—in our case, shopping at The Food Co-op. The funds you invest in your co-op are called your capital investment (CI). The amount required varies from co-op to co-op, and sometimes a co-op may increase the capital investment if it needs more equity.

CAPITAL INVESTMENT

Your capital investment helps keep The Food Co-op financially strong. The CI required to be a member of the Co-op is $100, which can be paid all at once or in increments as low as $2 each month you shop at the Co-op. There is also an initial $5 fee to set up your membership, which is waived if you pay the whole $100 at once (or you can get a free cloth shopping bag instead).

The money you pay into your capital investment account is always your money. Should you ever want to withdraw your ownership (say you are moving away) you can ask for your capital investment back. You can check your CI account anytime - just ask at Member Services.
MEMBER-OWNER
BENEFITS & RESPONSIBILITIES

A few years ago, I was attempting to explain co-ops to a seven-year-old. When I said that we all owned The Food Co-op together, he quipped, “Does that mean I can take whatever I want from the store?” Like many an adult before him, he immediately caught the word owner, but skipped over the equally important words we and together. In cooperatives, we band together to get benefits - both tangible and less tangible - but cooperation also requires that we give back. We have responsibilities to the co-op and to each other. When we work cooperatively, the rewards are substantial. Together, we can create great things.

PERSONAL BENEFITS

- Truly local produce and products.
- Almost entirely organic produce department.
- Ten percent off on a shopping trip during our Member Appreciation Days.
- Member Dividends - Member-owners who are eligible to vote receive member patronage dividends in the years dividends are distributed.
- Special ordering through our UNFI Buying Club and direct ordering from other vendors at a lower cost.
- The Alcove - Connect your business or service to our community by reserving space in the alcove, available at no charge for up to three shifts each month (two shifts in November & December).
- The Co-op Commons, our newsletter, gives you news on our local farmers and producers, our staff and store, and other cooperatives, as well as great recipes.
SOCIAL BENEFITS

- **Our local economy in local hands** - We run our store and our money stays here.
- **A more robust democracy** - Co-ops are open, democratic organizations.
- **A vigorous local food shed** - The Co-op works with local farmers and producers as well as community organizations working on food issues.
- **A generative economy** - We promote small, local, regional, and cooperative producers.
- **A more resilient community** - Through Co+op Basics and other programs, the Co-op makes good food available to all members of our community.
- **A more sustainable economy** - The Co-op supports sustainable practices, in the store and through our farms and producers.
- **Transparency** - Attend board meetings on the first Tuesday of each month and the annual meeting in June, read the annual report, ask questions, and even run for the Board of Directors.
- **Camaraderie** - Get to know your fellow members-owners, both staff and shoppers.

RESPONSIBILITIES

- Shop at your Food Co-op!
- Be friendly and you’ll make new friends. Be sure to treat everyone respectfully and civilly.
- Follow rules and procedures, whether in the store or at a meeting or event.
- Treat disagreements as a chance to see things from someone else’s point of view and an opportunity to learn.
Our goal is to provide good food at a reasonable price to our community while supporting our local farmers and producers and increasing the resilience of our community. Simultaneously, we work to fulfill our visionary/ambitious Mission and Principles. These dual goals mean that while we work constantly to find the healthiest food at the best price using the most sustainable practices, compromises and accommodation are often necessary.

If we want to make good food accessible to the less-well-off in our community, for instance, we must follow the regulations of the government program Women, Infant, and Children (WIC), which stipulates that we carry specific products, such as Cheerios, which we might not usually put on our shelves. Or we may carry bulk baby greens from California, because their price range puts them within reach of lower-income shoppers, which in turn, encourages them to shop at The Co-op, where they’ll have more healthy food options than elsewhere. When we choose products, we consider the following:

**Support the Co-op Movement**
We give preference to products produced and distributed by co-ops.

**Product Qualities**
We favor whole foods with minimal processing, certified organically grown, and verified non-GMO. We seek products that do not contain ingredients on our unacceptable ingredients list.
Commitment to Community
We give preference to products grown or produced by small-scale enterprises and to those grown or produced locally and regionally.

Consumer Education
We undertake to provide educational information to our customers on environmental, health, and social issues related to our food and products.

Fair Treatment of Workers
We give preference to products that are produced by workers who are paid fairly and treated fairly in the workplace.

Political Concerns
We recognize that there may be political implications of selection of products and suppliers.

Environmental Concern
We seek to minimize the negative environmental effects of products by choosing those with the least detrimental impact whenever possible.

Provide a Full-Service Grocery Store
We recognize that in a busy world our shoppers need to be able to find a full range of products at our store.
WHY ORGANICS?

We carry organic food because we believe it is safer for us and safer for the environment. Pesticides do not always wash off fruits and vegetables, and even when they do, those pesticides can then find their way into our soil and water. In addition, we want to support healthy working conditions for farm workers, and we believe organic practices are safer. COOL FACT: The Food Co-op has the only WSDA-certified organic produce department on the Olympic Peninsula, and almost all of our produce is organic.

BUYING LOCAL

Local products can sometimes be more expensive, but buying local makes our community stronger and more resilient, which helps all of us. Our farmers deserve our support as they take on the hard work of growing our food, and our neighborhood producers are creative entrepreneurs who add jobs and keep money in our community. We define Local as products or services from one of these five counties—Jefferson, Clallam, Island, Kitsap, and Mason—and these products have labeling to help you recognize them. We also have Local Washington stickers, indicating the product is from our state.

WAYS TO SAVE

Good food is often expensive. Conventional agribusiness is subsidized by the government while our small, local, and organic farmers and producers must jump through extra (and expensive) regulatory hoops. We try to support our local farmers and producers because they work hard to provide our community with good food and because a strong foodshed makes for a more resilient community. But we also want to make good food available to as many people in our community as possible, so we have several ways for member-owners to save money as they shop.
Co+op Basics helps every shopper eat well within their budget. Co+op Basics is an extensive selection of products throughout the store priced as low as possible. Look for the Co+op Basics logo on our shelves!

**BULK**
hot cereal, granola, coffee, beans, flour, sugar, rolled oats, grains, olive oil, rice, pasta.

**CHILLED**
bulk eggs, juice, yogurt, organic milk, tofu, mozzarella, cheddar cheese.

**PRODUCE**
California Organic Carrots, Select In Season vegetables.

**GROCERY**
pasta, pasta sauce, cooking oils, almond milk, baby food, sparkling water, flour, hot cereals, broth, coconut milk, canned beans & vegetables, tuna, canned tomatoes, applesauce, chips, salsa, tortillas, bread, peanut butter, jam, dressing, and more! Several items are gluten free.

**MEAT**
Chicken breasts, ground beef, bacon ends.

**NON-FOOD**
dish soap, laundry soap (powder & liquid), paper towels, family pack or single toilet paper.

**PERSONAL CARE**
toothpaste, deodorant, bar soap, shampoo (bulk & packaged), conditioner, body wash, lotion.

**SUPPLEMENTS**
Electro mix, greens, nutritional oils, single & multi vitamins, liquid calcium, probiotics.
OUR BULK DEPARTMENT

Buy as little or as much as you need. Our bulk bins are stocked regularly to keep supplies fresh, reduce waste, and save you money. You can find bulk products throughout the store—not just beans and grains but other staples, as well as oils, peanut butter, shampoos, conditioners, soaps, laundry soap, and even dog treats! If a bulk bin is empty or you cannot find what you are looking for, use the red phone at the south end of the Bulk Department to call grocery to get it refilled.

Bring your own container from home (and receive a nickel refund or a bean to donate that nickel to a local nonprofit for each re-used, hard-sided container) or use our containers (some free, some for sale). If you bring your own container, be sure to weigh it and mark down its TARE weight, so your cashier can subtract the jar’s weight from your purchase at the cash register. PLU numbers are two-, three-, or four-digit numbers that identify bulk products for the cashier. Please write this number on your tag, bag, or bottle.

We also provide free recycled, sterilized glass jars when available. Look for the jars in Bulk that say “free” and have a sticker with their TARE weight on them. And you can donate your own used jars to your fellow member-owners. Bring in your clean jars and lids with the labels removed so they won’t clog our dishwasher when we run the jars through to sterilize them. Drop off the jars outside the store, on the north side, by Receiving.
SPECIAL ORDERS

Member-owners can save money—and even order some products we don’t have room to carry on our shelves—by special ordering. Many of our products come from United Natural Foods, Inc. (UNFI), a natural foods distributor in Auburn, Wash. Member-owners can special order from many of the Food Co-op’s vendors and distributors, including UNFI products in larger quantities often for better prices than shelf prices. Your cost includes the wholesale price plus a mark up for store expenses. The mark up depends on the total cost of your order, so to get the lowest price, either order more than $400 worth of goods yourself or place an order with friends or neighbors.

Catalogs and order forms are available at the Member Services Desk. You can also see the UNFI catalog, including the monthly sale catalog, online at our website at: http://foodcoop.coop/our-store/buying-club/

Online you can do a search for a particular product—say sardines—or a particular producer—like Alter Eco—and find what you are looking for quickly. Then just note down the product’s name, number, and “size” (12/2.4 oz., for instance, means something like 12 cans of 2.4 ounces each), so you can fill out the order form at the store.

If you have questions, just ask someone at Member Services, or if they are all busy helping other shoppers, leave them a note or call with your question.
GOOD THINGS TO KNOW

ABC CLUB
Co-op member kids (age 13 and under) get a free apple, banana, or carrot on each visit to the store after joining the ABC Club.

Beans4Bags
When you bring your cloth bag, re-use your grocery bags, or your own hard-sided containers for bulk products, receive a nickel refund or a bean to donate to the Beans for Bags program. Each bean is a nickel to a local nonprofit—just drop your beans in the jars at the front of the store. You can also nominate a local nonprofit to be a Beans for Bags recipient.

Change for Change
At the cash register, you can round up to the nearest dollar, and we’ll donate that “change” to a nonprofit that creates change in our community. (You can actually give any amount you want, but rounding up to the nearest dollar is easy and painless.) And you don’t have to be paying with cash to round up—you can do it with debit or credit or even with gift cards.

Co-op Gift Card
Use it like cash, give it as a gift, donate one to your favorite group, or give one as an allowance to your kids so they can purchase healthy snacks. If you purchase a Co-op Gift Card with your member number, we can even issue you a replacement if it is ever lost or misplaced.

Brochures and Pamphlets
Educational materials and pamphlets are available throughout the store.

Member Appreciation Days
Member-owners receive 10 percent off one shopping trip (on most items in the store); check for specific days in the store, on our website, or on our Facebook page.
**Member Dividends**
Member-owners in good standing at the end of the year are eligible for member dividends in the years that the board decides the Co-op can afford to distribute dividends. Dividends distributions are based on how much profit we have in a given year, and since we aim for only a 1% or so profit, dividends are often small, but they enable us to give back to our members and to keep more of our money in our community. Your dividend is based on how much you shopped at the Co-op in the preceding year, and when dividends are distributed, you can either collect the money or donate it to a nonprofit.

**Parking**
We are a small store with a small parking lot. Please help us be good neighbors by riding your bike or walking to the Co-op whenever feasible. When driving, please don’t park at our neighbors; Penny Saver, Chase Bank, Co-op Maintenance or the Victorian Barber Shop parking areas.

**GMO Policy**
The Food Co-op avoids products that contain GMO ingredients. We will not stock any new product that include GMO high-risk ingredients—non-organic alfalfa, canola, corn, cotton, soy, sugar beets—unless it is enrolled in the Non-GMO Project or the producer can provide us with measures taken to avoid GMO contamination. We also undertook a survey of our store in 2014 to check our products for possible GMO ingredients and we were happy to find very few. For more information on this process and the results, please see the Product Research Committee binder at the front of the store under the Board’s board.
QUESTIONS?

Call the store ................................................. 360-385-2883
Store Fax .......................................................... 360-385-0654

Special orders, tickets, .................................. x 0
alcove use, tabling outside .............................. x 112

Events and classes, donations,
newsletter submissions, Beans for Bags .......... x 309

Membership Questions ............................................. x 0

Applying for a Job ............................................ x 301

 Produce .......................................................... x 108

Personal Care and Wellness ............................. x 139

Kitchen or Deli Orders ........................................ x 138

Selling goods to the Co-op ............................... x 305

Selling produce to the Co-op ............................. x 108

Grocery .......................................................... x 125

Accounts Payable ............................................... x 313

Privacy Policy
The fact that you have trusted The Food Co-op with your
personal information is very important to us, and we take
multiple steps to maintain its security. We will not sell or
otherwise share personally identifying information with
other people or nonaffiliated companies. For the full scope
of our privacy policy, please see the link at the bottom of our
home page at www.foodcoop.coop
open daily: 8 am - 9 pm

414 Kearney Street
Port Townsend, WA 98368
360 385-2883

sign up for weekly sales e-mail at:

www.foodcoop.coop