

# THE COMPOST

Vol. 38, Number 2 **Summer 2016** 

91 Valley Street Willimantic, CT 06226 860.456.3611

WWW.WILLIMANTICFOOD.COOP INFO@WILLIMANTICFOOD.COOP

### STORE HOURS

Monday - Saturday 9:00am - 8:00pm Sunday 9:00am - 6:00pm

### **Co-op Scoop** Alice Rubin

### What does the Co-op mean to you?

The Co-op came into being when 2 large buying clubs – one in Storrs and one in Willimantic – merged and decided to open a store front Co-op. At that time, there were other Co-ops in Connecticut – in Hartford, New Haven, Middletown and Stafford Springs. All of those eventually closed, except for our store in Willimantic. We hung on through some pretty hard times. Our membership is a dedicated membership who shopped here despite the high prices, despite the misconception that the Co-op was a private club. And, many of our founding members are regular shoppers to this day.

The Co-op has continued to grow, and our move to our current location on Valley Street has been a huge success. The move combined with our membership in NCG, (National Co-op Grocers) a few years later, sealed the deal, so to speak. Our membership in NCG has afforded us a contract for pricing with our major supplier, United Natural Foods. It has allowed us to offer substantially better prices than ever before. The timing was good – the popularity of natural foods has been growing steadily. Many of the items we sell are also sold by Big Y and Stop and Shop. Not to mention Whole Foods. In order for our Co-op to survive, we had to become more competitive with our pricing. So here we are, a very successful business. Our membership is over 6,000 individuals. Our sales for 2016 are projected to be 5 million. This is all great...but the main point is that we are still a Co-op. It is because of the hard work done by the people in our community who wanted a Food Co-op that we are here. Without our membership, we would not be here - our store would never have come into existence! Because of our members' dedication and commitment, we were able to build a great Co-op - because of the continuing support of those members and the growth of the membership overall, we are still here today.

It is our members' equity that financed our equipment, and our members' investment that convinced banks to loan us money when we needed more money than our members could generate. This is what happened when we decided to make the move to Valley Street: the project was financed by our members, and the bank.

So, what does membership mean? Why is it so important? It means different things to each of us. We all have our reasons for joining the Co-op and we all have our reasons for shopping here. While the Co-op now can generate the income needed to maintain our business, it is the commitment and investment that we all equally make that allows us to decide what we want to do next. It is our store and we are not beholden to anyone besides ourselves!

What does the Co-op mean to you? What do you want the Co-op to be? The Co-op's Board of Directors and Management want to know! You can find contact information on our website – www.willimanticfood.coop – or talk to one of us in person.

—Alice

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### WILLIMANTIC FOOD CO-OP

# —— 2015 Treasurer's Report ——

### General Manager Alice Rubin

#### **Management Team**

Penny Barton-Zuckerman
Financial Manager
Mark Giangrave
Produce Manager
Bruce Oscar
Facilities Manager
Steve Scanlon
Grocery Manager
Patty Smith
Operations Manager
Sasha Bajjo-Fournier
Front-end Manager

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### Manager Representative

Alice Rubin

### **Staff Representative**

Wendy Jakoboski

#### Newsletter

Amy Kalisher Sasha Bajjo-Fournier Alice Rubin

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**This is my fifth Treasurer's report.** Before I sat down to write this year's report, I read all the others. I found a lot of good news like sales growth, healthy cash, strong equity position, growing member support, and employee bonuses. This year is no different. We have had five years of strong financial performance.

The Willimantic Food Co-op's 2015 balance sheet again has no debt, plenty of cash, and owner's equity over \$1.3million. The Co-op had another year of healthy growth in 2015. Sales grew 6.97% in 2015, 8.23% in 2014, 9.15%, and 12% in 2012. Overall sales have grown 42% in the last five years.

About a month ago, the Co-op's board of directors reviewed our finances as part of a mini-retreat. We used industry benchmark ratios to determine financial fitness and we are in good shape.

Expansion is another recurring theme in these reports. Financially, we are poised to expand. Sales growth has strained our facility and staff. The Co-op needs more capacity, more space. With expansion, the board and management are looking for ways to meet future member needs, make the Co-op a pleasant and efficient work environment, and maintain our mission and principles. *continued on page 3* 

#### Willimantic Food Coop Income Statement 31-Dec-15

	12/31/10	12/31/11	12/31/12	12/31/13	12/31/14	12/31/15	% change
Salves							
Package Grocery	870,410	874,176	959,380	1,041,842	1,127,602	1,160,227	2.89%
Produce	608,243	639,719	750,721	843,751	904,338	944,801	4.47%
Bulk	575,219	583,197	666,217	743,489	839,981	907,851	8.08%
Refrigerated Grocery	391,322	391,762	432,918	465,039	513,649	548,269	6.74%
НАВА	384,968	375,676	402,796	419,422	462,407	525,848	13.72%
Other	509,501	490,878	548,548	591,040	594,356	664,940	11.88%
Total Sales:	3,339,663	3,355,408	3,760,580	4,104,583	4,442,333	4,751,936	6.97%
Cost of Goods Sold							
Package Grocery	506,647	519,821	567,221	611,888	664,737	677,703	1.95%
Produce	424,390	461,363	510,516	579,075	633,442	685,375	8.20%
Bulk	378,674	381,822	431,218	476,150	532,667	520,349	-2.31%
Refrigerated Grocery	300,722	300,126	323,430	343,343	378,664	405,138	6.99%
НАВА	225,469	224,852	236,846	244,866	266,413	292,316	9.72%
Other	342,124	323,533	365,635	385,723	400,346	482,872	20.61%
Total Cost of Goods Sold:	2,178,026	2,211,517	2,434,866	2,641,045	2,876,269	3,063,752	6.52%
Total Gross Profit (Loss):	1,161,637	1,143,891	1,325,714	1,463,538	1,566,064	1,688,185	7.80%
Overhead Expenses							
Salary, Wages & Benefits	736,826	736,410	783,523	853,225	944,708	1,070,691	13.34%
Discounts - Workers	95,310	105,419	112,399	122,547	134,153	142,530	6.24%
Rent	50,091	51,682	53,242	54,917	56,476	57,348	1.54%
Depreciation	45,043	46,395	48,330	44,939	48,061	48,619	1.16%
Utilities	39,016	35,459	33,054	34,359	38,799	32,145	-17.15%
Other Expenses	178,343	176,047	148,491	180,515	250,086	313,895	25.51%
Total Overhead Expenses:	1,144,629	1,151,412	1,179,039	1,290,502	1,472,283	1,665,229	13.11%
Total Operating Income (Loss):	17,008	(7,521)	146,675	173,036	93,781	22,956	-75.52%
Total Other Income:	13,532	13,255	14,670	10,402	24,232	18,112	-25.26%
Total Other Expenses:	6,315	6,741	12,121	24,187	46,660	25,973	-44.34%
Total Net Income (Loss):	24,225	(1,007)	149,224	159,251	71,353	15,094	-78.85%

Expansion could be a large project that will require more financial resources than we have on our balance sheet. Member participation is an important feature of cooperatives and the Co-op may ask for member economic support of its expansion. Perhaps you were a member who made a loan to help during the Co-op's last move from Meadow Street to its current location in 2006? Thank you - with the Valley Street store's success, the Co-op was able to pay all of the loans from members early, before their due dates.

In the present, the Co-op continues to carry out its mission and act on its values. In 2015, investments were made in information technology, training, and store equipment. The Co-op strives to pay a living wage and paid bonuses to staff of about three weeks of salary. The Co-op also demonstrated its concern for community by supporting several local charitable organizations.

Joanne Todd, Treasurer

# **2015 Donations**

Windham Area Dollars for Scholars
No Freeze Hospitality Center
Covenant Soup Kitchen
The Last Green Valley
Windham Theater Guild
Grow Windham
CLiCK
WAIM
Holy Family Shelter

### Willimantic Food Coop Statement of Financial Condition 31-Dec-15

	12/31/10	12/31/11	12/31/12	12/31/13	12/31/14	12/31/15
Assets						
Cash and Equivalents	351,191	151,001	301,432	510,800	565,106	726,201
Investment: Coop Fund of New England				50,000	51,188	51,972
Accounts Receivable	20,327	23,531	20,978	17,026	10,688	12,806
Inventory	204,104	211,819	231,460	224,553	248,078	280,326
Prepaid Expenses	4,355	4,684	8,165	8,415	29,591	9,017
Total Current Assets:	579,977	391,035	562,035	810,794	904,652	1,080,323
Fixed Assets						
Leaseheld Improvements	429,481	413,964	395,939	379,764	362,341	356,997
Equipment/Fixtures	177,015	162,699	135,864	146,393	131,130	100,295
Other	547	200	-			
Total Fixed Assets:	607,043	576,863	531,803	526,157	493,471	457,292
Other Assets	15,479	17,249	18,340	23,828	38,523	43,550
Total Assets:	1,202,499	985,147	1,112,178	1,360,779	1,436,646	1,581,165
Liabilities and Owner's Equity						
Accounts Payable	66,267	75,275	86,102	98,539	122,514	146,088
Accrued Expenses	55,780	26,581	54,548	94,860	71,826	117,540
Member Loans - Long Term	224,350	91,000	-	-	-	
Other Loans	91,342	1,631	-	-	-	10,021
Total Liabilities	437,739	194,487	140,650	193,399	194,340	273,650
Owner's Equity						
Paid in Member Equity	578,581	605,487	638,803	675,404	720,302	769,923
Donated Member Equity	3,657	3,657	3,657	3,657	3,657	4,151
Retained Earnings	182,522	181,516	329,068	488,319	518,348	533,442
Total Owner's Equity:	764,760	790,660	971,528	1,167,380	1,242,306	1,307,516
Total Liabilities and Owner's Equity:	1,202,499	985,147	1,112,178	1,360,779	1,436,646	1,581,165

# **Building Buying Update Johnnie Walker**

**Hello all, Johnnie Walker here,** with a quick update on the Co-op's building buying plans.

At our annual meeting in April, Board members Bryan O'Hara and Kirk Begg reported on the issues that are leading us in the direction of looking for a little room to move. The main points at hand are the Co-op's cramped office and back space, as well as taking into consideration the addition of some new member services. We rent the building we now occupy and as a duty to the long term health of the Co-op, we should consider the option of buying a building. The general idea is that the Willimantic Food C0-0p is called so for a reason; Willimantic is part of our identity. We are a proud member of the downtown community and we are here to stay. So to that end, we have started looking into the details of buying a building, "locally."

That looking has turned into an active search to find more space. After a few starts and stalls over the past few years, we have presently narrowed our sights to single location. And, it is a location very close indeed. The Co-op is actively looking into the purchase of 87 Church Street, aka the old Willimantic Lumber and Coal building, right across the street!

What might we do with that extra space? Hmmm, 'O' the wonderful taste of potential! Well so far, we are thinking of the slow growth practicalities, like storage and office space. However the horizon looms so lovely in the distance. Keep you posted...

## **Co-op Scoop** continued from page 1

PS. I would like to clarify that the Co-op does not offer a family or household membership. Membership at the Willimantic Food Co-op is for each adult in the household and costs \$120 per person, payable in \$20 installments over six years. This investment or Equity gives each member ownership of one share in the Co-op. One member share = one vote. Equal economic participation is the third Cooperative Principle! Individual member equity accounts - and therefore benefits - do not extend to spouses, domestic partners, or housemates, although children under 18 are covered by their parents' memberships, if they live in the same household.

If you shop at the Co-op without a member account in your own name, you will be charged the non-member price of 10% above shelf price. It is not our policy to extend member benefits to those individuals who have not made an equal economic investment. Remember, one of your member benefits is that you have a say in how the Co-op works. Please contact one of your representatives on the board of directors if you think the Co-op should change its policy.

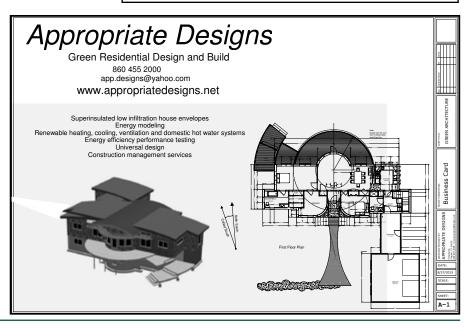


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Fresh beer brewed here! Stop in for a bite & a brew



# Helen's Wellness Review Helen Scanlon

Hello, friends!

I am so excited to write this review because I had the opportunity to sample new MAKEUP and FRAGRANCE items on the Co-op's shelves. I have to admit, I love makeup and I wear fragrance every day—and I have a whole dresser drawer full of colognes, perfumes and oils. I adore scents and am fascinated with the science behind the creation of an olfactory experience.

First, I would like to introduce you to the wonderful world of Everyday Minerals, a cruelty-free, eco-friendly company based in Austin, Texas. Everyday Minerals uses ingredients that are simple, and each product is handmade. The end result? Colors that are rich and beautiful, textures that are fine and shimmery, coverage that is even and bright—a perfect combo for the discerning makeup connoisseur.

From their website, EverydayMinerals.com:

... founder Carina Menzies became inspired by the pursuit of sourcing the purest form of natural ingredients from around the globe. A label-fanatic at heart, Carina realized that many of her favorite beauty products had ingredients that were less than desirable. After working for a few major cosmetic lines and discovering that they would never offer the simple, natural products that she and many other women were looking for, Everyday Minerals was born. Carina set out on her own path to create something of substance and goodness that women around the world could enjoy.

All of our products are 100% vegan, sustainable, and cruelty free. Handmade right here in Austin, our eco-friendly and recyclable packaging

stays true to our commitment of preserving the natural beauty of the world and each other.

Good stuff!

1. tap with the end of your flat-top brush



2. load the brush with the powder—then apply!



3. tap the jar to get the powder



4. load the angled brush!

I tried the jojoba base powder in light 2N—a shade for fair skin. The video on the company's website suggests you tip the jar over and shake the product onto the lid—but I found that this wasted too much of the product, as it was prone to spilling when I put the lid back on.

So here's my method: You will need a flat-top powder brush to apply the powder, and, holding the jar in your hand—don't place the jar on a hard surface (you get more product this way)—I used the end of the brush to gently tap on the salt-shaker type holes in the jar in order to extract the powder (photo 1). The powder simply pops up through the holes when you tap, tap, tap—and the inside compartment captures the powder nicely so you can dip your brush in it. And, no spillage when you put the lid back on (photo 2)!

Problem solved, you're welcome. When the powder pops up, coat your brush with it, tap more out of the jar as needed, and apply to your face in sweeping, circular motions. Don't forget your neck! The powder is light and natural looking, had even coverage and a slight shimmer due to the mica. The jojoba in this product is especially nice for dry skin, as jojoba is highly emollient and is similar to the natural oils found in our skin.

Final verdict: The Everyday Minerals jojoba base is gentle, fragrance-free, easy to apply and gives your face a wonderful natural glow that shines with moisture and health. It really is quite a nice product.

Next up, I tried the Everyday Minerals eyeliner in Purple Rain—of course it had to be Purple Rain—rest in peace, Prince.

You will need an angled eyeliner brush to apply this product, and use the same method as with the base continued on page 7

## Winky's Food Review Winky Gordon

A cookie, an olive, and a chickpea walk into a bar.... Actually, they are all hanging out at the Willimantic Food Coop, in their various aisles. Their real names – are: Lark Fine Foods salted rosemary short bread (\$5.99/12 piece pack); Apetina's feta cubes in oil with olive (\$8.99/lb.); Bob's Red Mill garbanzo bean flour (\$2.99/16 oz. bag). I will review them in order from the sexiest to the most mundane.

Lark Fine Foods has done a mighty fine job with the packaging. It's elegant, spare, and evokes the feeling that you could be in Martha Stewart's kitchen, perhaps in a tastefully decorated cottage by the sea. Forget about the food - I am a sucker for packaging! The truth is, the food itself is also noteworthy, especially for its richness and simplicity. It's a curious thing to pair sweet and savory and Lark Fine Foods does it well with this product. The friends I shared them with all gave the cookies an unequivocal thumbs up and made comments like "they're savory enough to be mouthwatering," and "these would be good with jam or fruit." Joe recommends kiwi in particular. I didn't really notice the salt (the last ingredient) but appreciated the subtlety of the rosemary (third to last ingredient). The cookies are small - you get to be dainty when you eat them - and also contain "enriched flour"which means unbleached spring wheat flour, malted barley flour, some vitamins (I guess that's the enriched part?) - and, of course, butter. It's hard to go wrong with something that has that much butter in it; the fat alone is deeply satisfying. Lark Foods is in Essex, Massachusetts. We also carry coconut butter cookies and Russian tea cakes by Lark.

There's good news and bad news about the feta cubes. First the bad news: This company is clearly not invested in transparency as its web site reveals close to nothing about its products or its business practices. I could find ziltch on the website about the specific ingredients of the feta/oil/olive product. And the most I could find about the company itself is that it's a "leading global cooking brand" and it sells in 30 countries. Harumph. At a time when many consumers want to know exactly what they're eating and where it comes from, Apetina fails to give them what they're looking for.

The good news is that the feta/oil/olives combo is a tasty treat, definitely worth repeating. The same friends who sampled the cookies tried this food and all agreed that it is delicious. Adjectives used included: smooth, buttery, subtle. Mary commented that she liked the texture of the cheese – creamy but not crumbly, as is often the case with feta. As with food that features butter, it's hard to go



"It's a curious thing to pair sweet and savory and Lark Fine Foods does it well"

wrong with feta and olives, both staples in my refrigerator. This product would be great added directly into a salad. You could also enjoy any remaining oil after the cheese and olives are gone, and sop it up with crusty bread.

Finally, the chickpea flour. Here's the deal: on a whim, I purchased a cookbook that is entirely based on cooking with chickpea flour. I've been working on excluding gluten (Lark cookies aside), dairy, and nuts and seeds from my diet as they all seem to play a role in a skin condition. It's pretty difficult (for me anyway) to work around these three ingredients that are a large part of the American diet, and so convenient. So I grabbed onto the idea of a food that could provide a good dose of protein, healthy fats and so on. The cookbook touts the facts that garbanzo flour is a high-fiber carbohydrate, is considered hypoallergenic, and is unlikely to come from a GMO plant, as among its many attributes. It also claims great taste, texture, and ease of use.

The dish I made was not beautiful and working the flour into a crust was messy. Once cooked, the flour did a fair job of acting like a crust. It's gritty, which could be a turn off for some people but I'm okay with it. The cookbook describes the taste as nut-like. I'm not sure how I would describe it but it's basically okay; I'm not turned off by it. I am intrigued enough to continue experimenting with the recipes, at least until I use up the package I bought. It seems like a promising option for a glutendairy-nut/seed work around. And God bless Bob's Red Mill (Milwaukie, Oregon) for all the gluten-free foods it produces, many of which are in our Food Coop.

That's it for now Coopsters. Best wishes for an enjoyable summer filled with good food. Be kind to yourself and be kind to one another.

## Wellness Review continued from page 5

powder. Tap, tap, tap, gently with the end of your brush to get some of the supersaturated purple powder out of the little jar, load the brush with it, tapping off the excess (see photos 3 and 4). To apply, start with the outer edge of your eye and work your way in, staying as close to your lash line as possible for a seamless look. And, if you want a deeper, sleeker flair—add a little water to the liner and you can get a cat eye in a flash. Meow. Fun is! I love this eyeliner!

The Everyday Minerals products are located on an endcap in the Wellness section of the store. Simply find what you want from trying the testers, and get a slip with the product listed on it to present to the cashier, and they will get your product for you.

Next up: the spicy, warm and wonderful Valentina's Home Brewed Per-

From their website, valentinashomebrewed.com:

You will never find artificial fragrances or colors in our products. All of our body care smells like what it is made of. I don't buy products with artificial scents, and I certainly won't sell them to you. That's a promise.

Oh my goodness gracious, I love this new product. I tried the Protection oil—hello, patchouli, frankincense and myrrh—and it is so, so good. It's rich and earthy (think of a forest after a summer rain)—but with just enough bright, sparkly spice to balance things out. The three scents are great on their own, but combine them and you have something really special. Nothing synthetic in this oil, and it is easy to apply with its nifty roll-on bottle. And it is all wrapped up in jojoba and coconut oils. I can't wait to try more and add all of the varieties to my expanding fragrance collection—the Willimantic Food Co-op has a ton of 'em, including the natural body mist. Oh boy! Let's go shopping!

Chris and his crew are always available to help you find what you need, just ask.

The Co-op loves their customers, I have seen staff trip all over themselves to help someone out, bless 'em. They are simply passionate about what they offer, and welcome questions with a smile. This is one of the many reasons The Willimantic Food Co-op won the ctnow.com Best Health Food Store in Connecticut (beating two Whole Foods stores!) You just don't get service like this any more. Go say hi and let them lavish you with incredible, beautiful and healthy products that are sure to make you glow inside and out (I just love my Co-op!)

See you in the Wellness aisle! Helen

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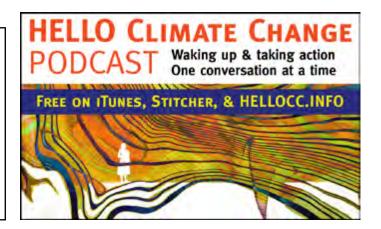
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# — Getting to Know Your New(er) Staff Members —

Have you seen new faces while checking out your groceries recently? The Coop has been quite busy lately, and the need for more support in the store has been reflected in our sales. We are excited to grow our staffing so we can give every member a wonderful shopping trip each time they walk through our Coop. So without further ado, here they are!



Jose is a Willimantic native who joined our cashier team this past winter. He enjoys the energy of our customers, and how a smile can change someone's day/night when they come to cash out. Jose thinks the Coop is a great community! Currently, Coop items in Jose's kitchen are: When Pigs Fly Cinnamon Raisin Bread, organic bananas, strawberries, apples, blueberries, Tobacco Road salad mix, and probiotics. Jose's hobbies are: beat-boxing, food, music (salsa, hip hop, rap), and Good Vibes.

Nancy just joined our cashier team, and hails from Pomfret Center. When asked what she likes best about the Coop, Nancy said: "what's not to love about the Coop?!" Produce and Bulk are her favorites, and the great people to work with. Right now, just about everything in Nancy's kitchen is from her own garden, her chickens, or the Coop. Nancy's hobbies are: hiking with her three dogs, gardening, and reading.





Stephanie (Steph) also calls Willimantic home, and joined our cashier team over the winter, though she has been performing the dual role of shift-lead/ cashier for the last six months. Steph likes the good people and good food best... she asks: "what's not to love?" What's in Steph's kitchen from the Coop right now? Almost everything! Steph's favorite hobby is hiking with her dog, Barkley.



Corry joined our team a few months ago, all the way from his hometown, San Franciso. Corry likes the knowledge that he's part of something larger than himself at the Coop. He also loves meeting all the local providers, and all the friendly members. Corry almost always has the amazing Rye from Fabled Foods, and lots of Birch Beer from Hosmer Mountain. Yay, local flavors! Corry is a huge sci/fi fantasy geek, and a life-long gamer.

# The Willimantic Farmer's Market

The market season kicks off for the Willimantic Farmers' Market on Saturday, May 28th from 8:00 am to 12:00 pm and will be open every Saturday morning until October 29th. The market is moving to Jillson Square this year. There will be a wide range of healthy, locally grown fruits and vegetables, potted plants, eggs from local hens, baked goods and jams, goat's milk soap and regionally roasted coffee. Thanks to a grant from the USDA to improve the market, our customers can find kids activities in the Kids Corner each week and sample recipes prepared during a cooking demonstration every Saturday. To stay informed of market events, please visit the website: www.willimanticfarmersmarket.org.

This year, the market is fortunate to offer Double Dollars to our SNAP recipients, thanks community donations. When a customer spends \$10 from their EBT Connect Card they will receive \$20 in fresh, local fruits and vegetables. This is an incredibly important program that supports both the health of low-income community members and the economy of local farmers. This program has been extremely effective at other Farmers' Markets across the country, and we're happy to bring it to Williamntic.

We're looking forward to a busy market season of connecting with our community and of course, eating the best of what Northeastern Connecticut has to offer.

### Kate Callahan

Willimantic Farmers' Market Master

Kate.callahan@growwindham.org

860-377-9521

# — Updated Pre Order Policy & Procedure —



Increased discounts & updated policy as of April 2016

Members save 15% off retail price Working Members save 25% off retail price Pre orders no longer need to be pre-paid!

### **ORDERING IS EASY:**

- **1. Fill out a slip:** At the cash register, or over the phone, a staff member will help you fill out a slip with your contact information and the product you'd like to order. For best results, have the product or UPC code in hand!
- **2. Get a price:** The buyer for that product will contact you with a price, within 3-5 business days.
- **3. Say yes:** Once you approve the price, the product will be ordered, and you'll be called when it arrives.
- **4. Get your stuff:** When you come to pick it up, tell a cashier, and a staff member will bring your order to the front of the store where you can pay for it along with any other purchases you're making that day.

## THE (IMPORTANT) FINE PRINT:

- The Pre Order Program is a Member-Owner Benefit only available to active member-owners and current working member-owners up to date on their equity payments.
- Senior discounts do not apply on top of Pre Order discounts the maximum Pre Order discount is 15% for members, 25% for working members, regardless of age.
- We expect that you will pick up your Pre Orders within one week of the product arriving in the store, unless special arrangements are made.
- Pre Order discounts apply to the majority of products in the store, in most departments. However, there are some items in the store already marked at the lowest possible price, and therefore Pre Order discounts will not apply to them. See reverse for details >>>

	Pre Order discount?				
Product	Yes	Yes, with restrictions	No		
Most packaged, refrigerated, bulk, and frozen items	ж				
Cheese	Х				
Non-dairy refrigerated products	ж				
Kombucha	Х				
Most Co+op Deals & other sale items	ж				
Co+op Basics (excluding dairy)	ж				
Supplements & Body Care		Х			
Produce		Х			
Eggs			Х		
Meat			Х		
Items marked "No Further Discounts"			ж		
Most Dairy products (cow, goat, sheep milk, yogurt, kefir, etc.)			х		

### Cooperate!

Pre orders are a special service we provide to our members in order to offer high quality food and other products at the lowest possible prices. Because of the labor involved in running this program, the Co-op reserves the right to withdraw pre order services from any member who is deemed to be abusing the system, including but not limited to:

- Failing to respond to buyers in a timely manner about orders
- Failing to pick up approved orders

As always your feedback is welcome -

help us get better at helping you!

