



MORE THAN A GROCERY STORE

Jon Steinman

2026 Rural Grocery Summit
May 5-7, 2026 (Fargo, ND)

**GROCERY
STORY
PRESS**





Kootenay Co-op
NATURAL ORGANIC FOODS & PRODUCTS

Kootenay Co-op
NATURAL ORGANIC FOODS & PRODUCTS



Kootenay
coop





eat well.
be well.



member special
PARTICIPATING ONLY. NOT AVAILABLE ONLINE
Organic Tortilla Chips
All varieties
2 for \$7.00



Kootenay
coop

WHAT CHANGED?

new information
& **knowledge**



seeing something familiar
& understanding it differently



changed behaviors



a new narrative formed
of what a grocery store is

1. What does it take for such a deep commitment to a grocery store to become more normal to more people?
2. Why narratives are so important in this work
3. How do we change narratives?
4. When grocery stores and their communities inhabit a different narrative... what might they become... over time?





When narratives change,
systems change

When narratives change,



people begin to see differently



When people see differently,



they act differently



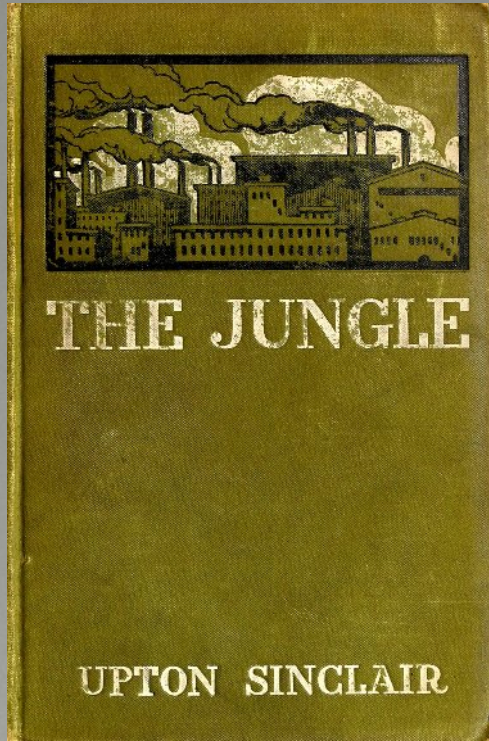
And when behavior changes at scale,



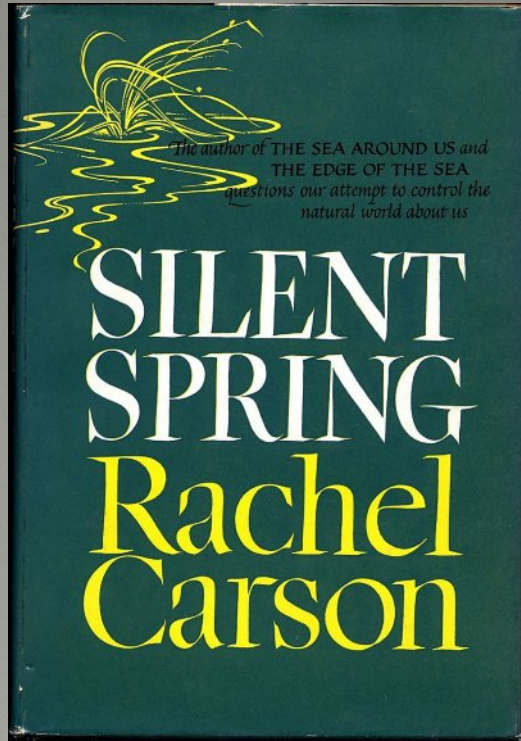
systems change

And what changes narratives?

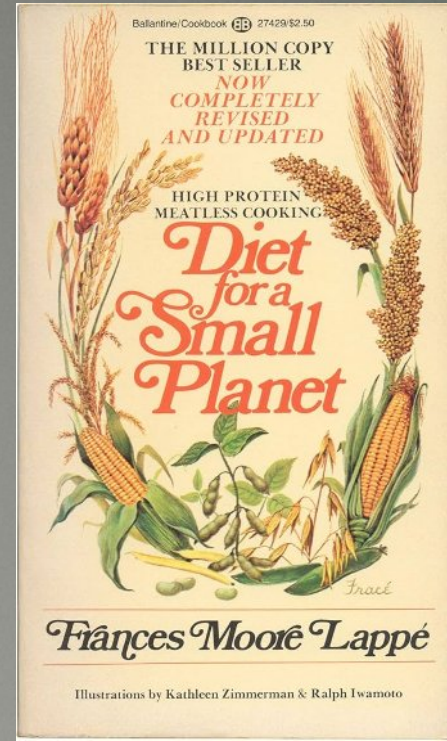
STORIES



1905



1962

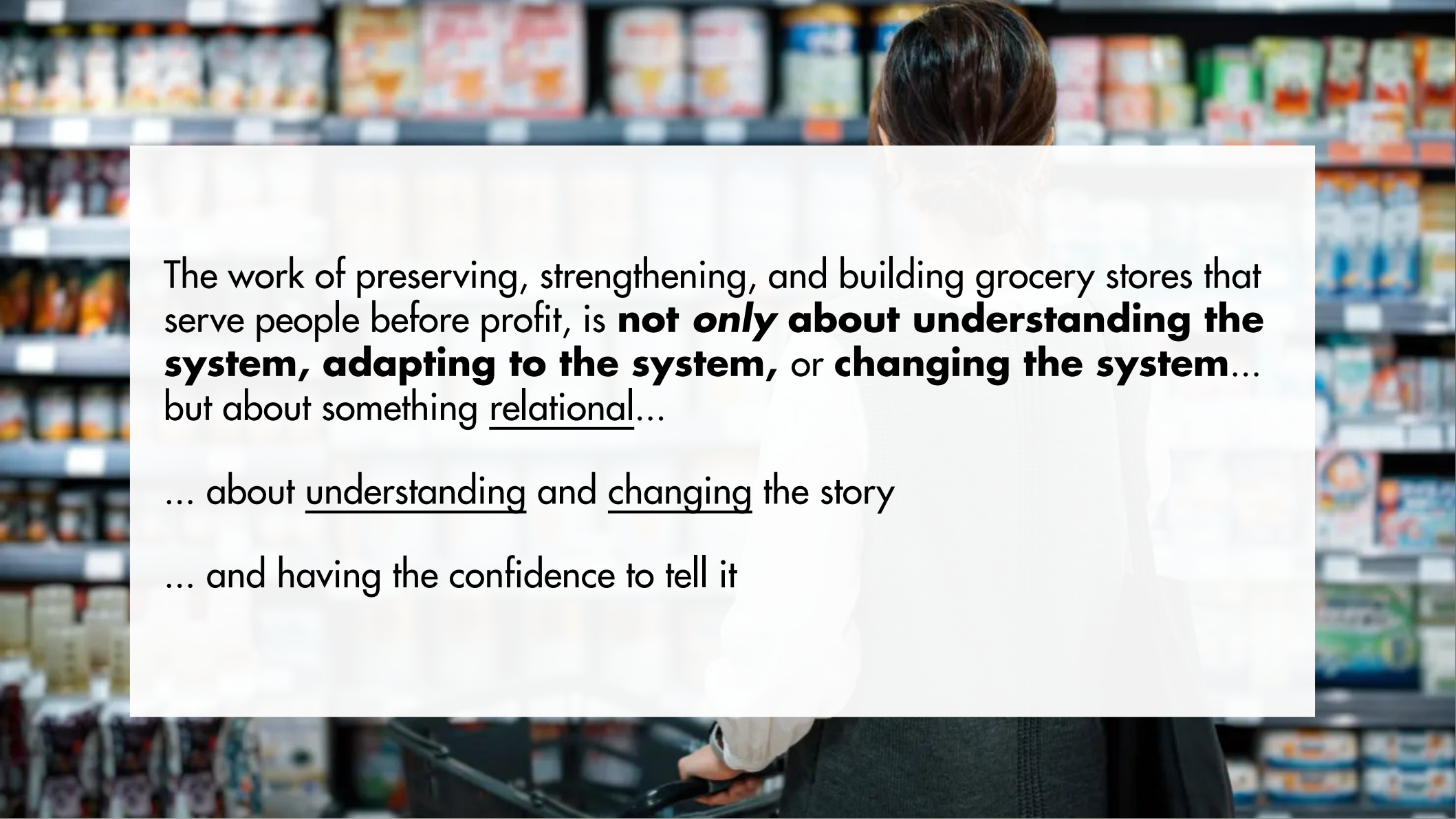


1971

... made the invisible visible

Grocery shopping has become one of the most "invisible" narrative environments people live inside.





The work of preserving, strengthening, and building grocery stores that serve people before profit, is **not only about understanding the system, adapting to the system, or changing the system...** but about something relational...

... about understanding and changing the story

... and having the confidence to tell it



“When a complex system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to shift the entire system to a higher order.”

(attributed) Ilya Prigogine, Nobel Prize-winning chemist



“One of the greatest difficulties in a relationship is to keep the crust of familiarity from forming over it completely.”

- John O'Donohue



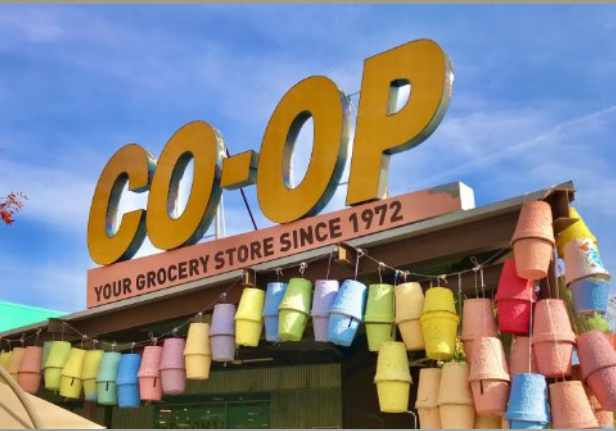


CANADIAN CENTRE FOR THE STUDY OF CO-OPERATIVES (CCSC)

The 2025 Top Co-op Issues Survey Report

Executive Summary

For the eighth consecutive year, a survey of Canadian co-operative leaders found that the lack of awareness of the co-operative model continues to be the most pressing and important challenge facing the co-operative sector. As one of the 145 respondents to the Canadian Centre for the Study of Co-operatives' 2025 Top Co-op Issues survey explained, *"We need to tell our story better..."*






NARRATIVE SHIFT




Grocery store = *transactional*

 Consumer = *assigned role*



Grocery store = *relational*

 Participant = *chosen role*

no name®

grocery store

for saving

entrance
this way
←
1.4 (184) 1.47

THE 'GROCERY NUT'

THE 'GROCERY NUT'

1. Convenience overrides reflection
2. Low prices mute deeper questions
3. 100+ years of grocery conditioning
4. No lived memory of a more democratic economy and food system

MAKING THE INVISIBLE VISIBLE

1. Know the **DOMINANT NARRATIVE**
2. Understand **HOW WE GOT HERE**
3. Communicate **WHERE WE'RE AT**
4. Tell a **NEW STORY** (change the narrative)
5. Know and communicate **WHAT'S POSSIBLE**

MAKING THE INVISIBLE VISIBLE

1. The Dominant Narrative

Before you change the story, you have to surface it



The story...

ROLE

- My role = price seeker
- Store's role = price provider



RELATIONSHIP

Grocery shopping = **TRANSACTION**



SUCCESS

- ✓ Lowest cost
- ✓ Maximum convenience




PLOT

1



Rising prices
→ frustration

2



Comparison shopping
→ switching stores

3



Loyalty
→ weak or conditional

no name®

grocery store

for saving

entrance
this way
←
1.4 (184) 1.47

no name®

huge wall message

to remind you how much you'll save

no name®
100% pure
corn
starch

no name®
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cheap

100% PURE CORN STARCH
300

no name®
cheap

300

100% PURE CORN STARCH
300





No-name guaranteed 100%

bleach javel centre
fabric softener
fabric softener with added whiteners
128 fl oz 3.64 litres

6-128 oz

no name®

grocery store

for saving

entrance
this way
←





1. The **Dominant Narrative**

Customers behave like price-maximizers

= Stores compete primarily on price (race to the bottom)

= Consolidation

= Fragile local economies

= Grocery becomes extractive, not relational

= Self-reinforcing

MAKING THE INVISIBLE VISIBLE

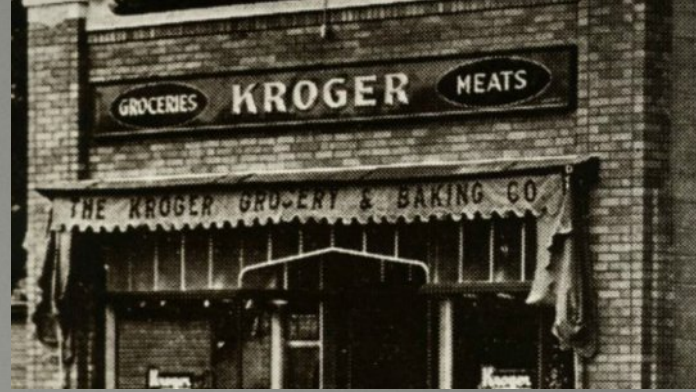
1. The Dominant Narrative



100+ years of conditioning

MAKING THE INVISIBLE VISIBLE

2. How We Got Here





A&P 1929

- Collected ten cents of every dollar spent on food in America
- Stores in 39 states (2 provinces)
- Operated twice as many stores as the next seven chains combined
- 16,000 stores
- \$1 billion in sales (*\$18.8 billion today*)

The Chain Store Revolution (Number of Stores 1919–31)

Year	A&P	Kroger	Am. Stores	Safeway	F. National	C5
1919	4,224		1,175			4.2%
1920	4,600	799	1,243			5.6%
1921	5,200	947	1,274			6.3%
1922	7,300	1,224	1,375	118		7.1%
1923	9,300	1,641	1,474	193		8.0%
1924	11,400	1,973	1,629	263		9.3%
1925	14,000	2,599	1,792	330		11.5%
1926	14,800	3,100	1,982	673		13.6%
1927	15,600	3,564	2,122	840	1,681	16.9%
1928	15,100	4,307	2,548	1,191	1,717	20.4%
1929	15,400	5,575	2,644	2,340	2,002	24.5%
1930	15,700	5,165	2,728	2,675	2,549	27.6%
1931	15,670	4,884	2,806	3,264	2,548	29.3%



John Sherman



If we will not endure a king as a political power, we should not endure a king over the production, transportation, and sale of any of the necessaries of life.

1890

“We learned long ago that liberty could be preserved only by limiting in some way the freedom of action of individuals; that otherwise liberty would necessarily yield to absolutism; and in the same way we have learned that unless there be regulation of competition, its excesses will lead to the destruction of competition, and monopoly will take its place.”³²

— Louis Brandeis, 1912



“Huge Corporations, Serving the Nation Through Country-Wide Chains, Are Displacing the Neighborhood Store”

— *New York Times* headline, July 8, 1928

“I would rather have thieves and gangsters than chain stores in Louisiana.”

— Louisiana Governor Huey Long, 1934⁴



1933

National Industrial Recovery Act (NIRA)

Required grocery wholesalers and retailers to draw up codes for “fair competition”

Agricultural Adjustment Act (AAA)

Prevented loss leading

“I do not think that any method of distribution has a right to take advantage of its strong position in the channels of distribution to sell the commodities that are processed from one set of materials at a loss, and to make up that loss on commodities that are produced by another set of producers.”

— Charles J. Brand, Co-Administrator of the Agricultural Adjustment Act, addressing chain store executives (1933)

FAIR TRADE LAWS

Robinson-Patman Act (1936)

Prohibited price-discrimination



“[The chains are] sapping the civic life of local communities with an absentee overlordship, draining off their earnings to [their] coffers, and reducing independent businessmen to employees or to idleness.”

— *Texas Congressman, Wright Patman, 1935*

CHAIN STORE TAXES

By the late 1930s, twenty-nine states had implemented chain store taxes...

Examples of Chain Store Taxes:⁴²

Minnesota: \$155/store for chains with more than 50 stores

Michigan: \$250/store for chains with more than 25 stores

Florida: \$400/store for chains above 15 stores
(+ 5 percent tax on gross receipts)

Pennsylvania: \$500/store for chains with more than 500 stores

Louisiana: \$550 for each store above 500 stores
nationwide (even if the chain only had one store in the state)

GOLDEN ERA OF ANTITRUST

1938-1968

The Effects of Restraint on Retailer Market Concentration

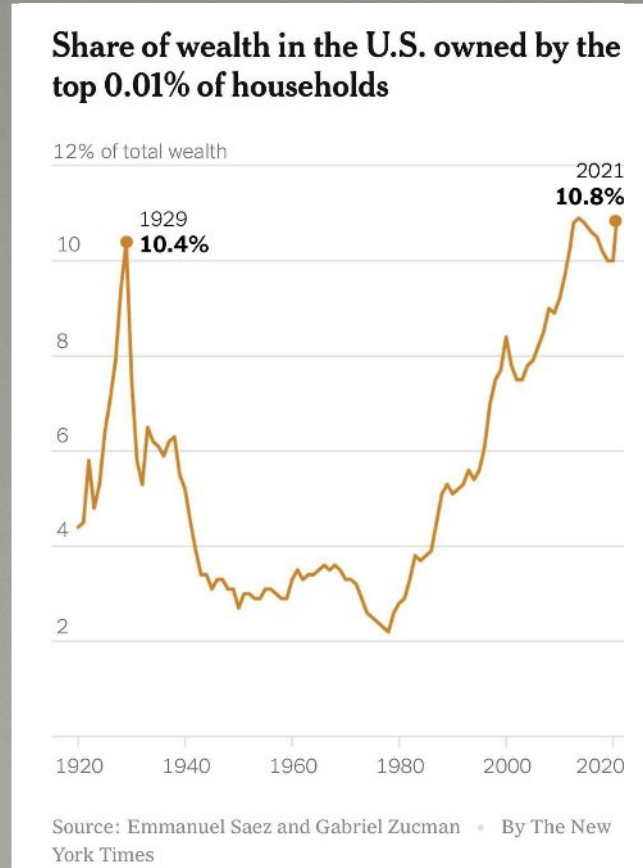
Market Share (%) of National Grocery Retail (U.S.)

	1954	1958	1963	1967	1972	1977	1982
4 largest firms	20.9	21.7	20.0	19.0	17.5	17.4	17.8
8 largest firms	25.4	27.5	26.6	25.7	24.4	24.4	25.1
20 largest firms	29.9	34.1	34.0	34.0	34.8	34.5	35.6

SOURCE: MARION, *THE ORGANIZATION AND PERFORMANCE OF THE U.S. FOOD SYSTEM*, 1986⁸¹

THE GREAT COMPRESSION

(The “second American Revolution”)



1980s – “America forgot its own history”

1982: Antitrust prosecutions came under new guidelines

1988: Walmart’s Super Center entry

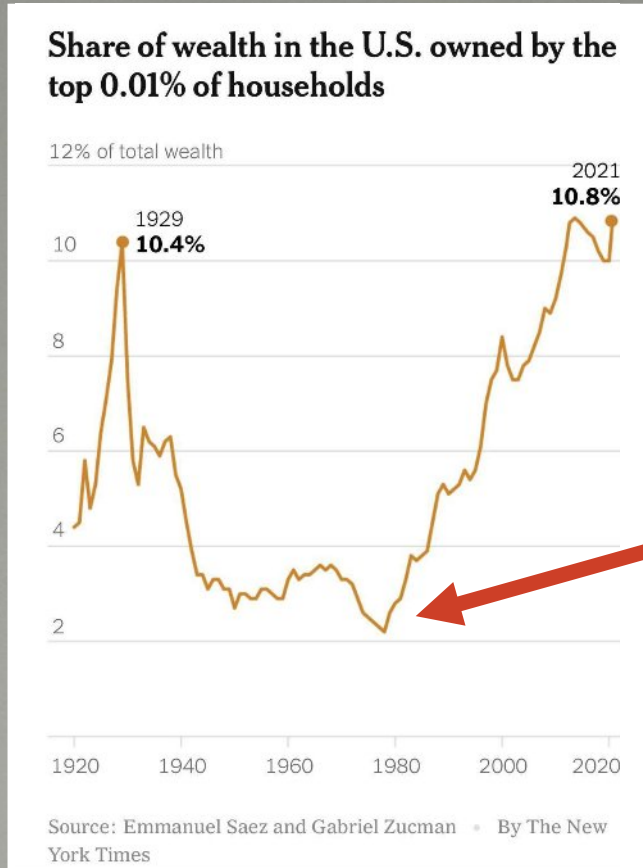
1988: FTC

“The FTC is a gaunt and bloodied agency. Since 1980 there has been a drop of more than 40% in the work years allocated to antitrust enforcement. In the same period, merger filings skyrocketed to more than 320% of their 1980 level.”

– Andrew J. Strenio Jr, FTC Commissioner



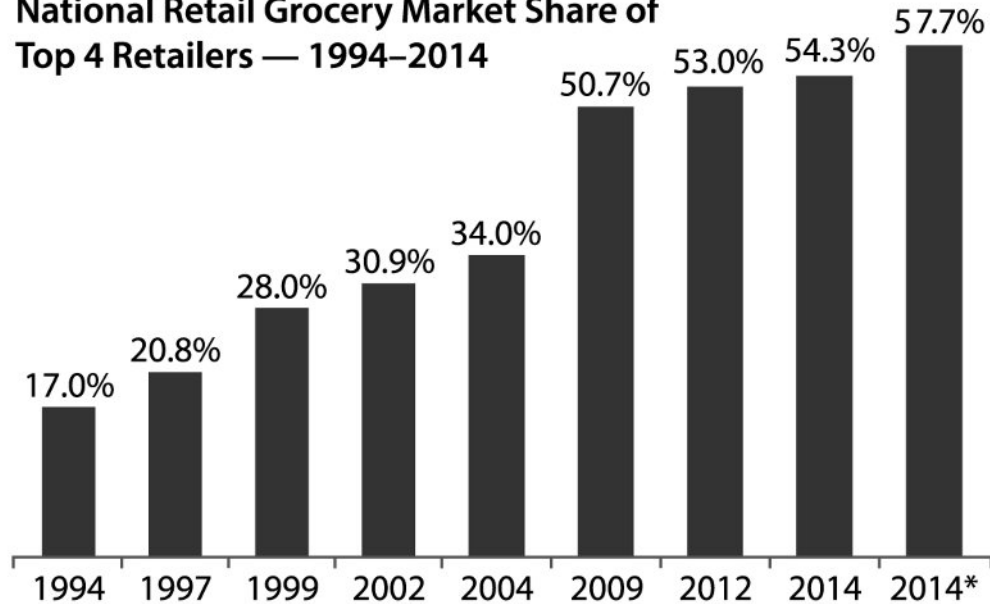
THE GREAT COMPRESSION (The “second American Revolution”)



Great Divergence

EROSION OF ANTITRUST ENFORCEMENT

**National Retail Grocery Market Share of
Top 4 Retailers — 1994–2014**



**Post Albertsons-Safeway merger. SOURCE: FOOD & WATER WATCH⁹⁹*

GROCERY MARKET CONCENTRATION

VIRGINIA

<u>Ahold-Delhaize</u>	28
<u>Walmart</u>	20
Kroger	15

Market share of top 3 63%

Grocery Gap Atlas 2026

SAN ANTONIO, TX

<u>H-E-B</u>	50
<u>Walmart</u>	32
Costco	6

Market share of top 3 88%

Chain Store Guide 2024

GROCERY MARKET CONCENTRATION



Metro or Micro Region	Population	Walmart's Market Share
Atchison, Kan.	16,580	95%
Portales, N.M.	19,730	95%
Sterling, Colo.	22,068	91%
Deming, N.M.	24,699	90%
Guymon, Ohio	21,385	90%
North Platte, Neb.	37,043	87%
Wahpeton, N.D.-Minn.	23,036	84%
Coffeyville, Kan.	33,434	83%
Othello, Wash.	19,806	83%
Bismarck, N.D.	135,654	83%
Helena-West Helena, Ark.	20,176	80%
Altus, Okla.	25,931	77%
Parsons, Kan.	20,761	77%
Miami, Okla.	32,260	77%
Sweetwater, Texas	15,101	77%
Grenada, Miss.	21,706	76%
Huron, S.D.	18,082	75%

CONSUMER BRANDS MARKET CONCENTRATION

These 12 companies together own 550+ consumer brands

Revenue by company (2023): ● Nestlé \$111B ● PepsiCo \$91B ● Procter & Gamble \$84B ● Unilever \$66B
 ● The Coca-Cola Company \$46B ● Mars \$47B* *2022 ● Mondelez \$36B ● Danone \$30B
 ● Kraft-Heinz \$27B ● Associated British Foods \$24B ● General Mills \$20B ● Colgate-Palmolive \$19B



MAKING THE INVISIBLE VISIBLE

3. Communicate **WHERE WE'RE AT**

Aldi opens 16 stores in one day

The opening spree, which happened last Thursday, continues the discounter's work towards its goal of operating 3,200 locations by 2028.

Published Nov. 26, 2025

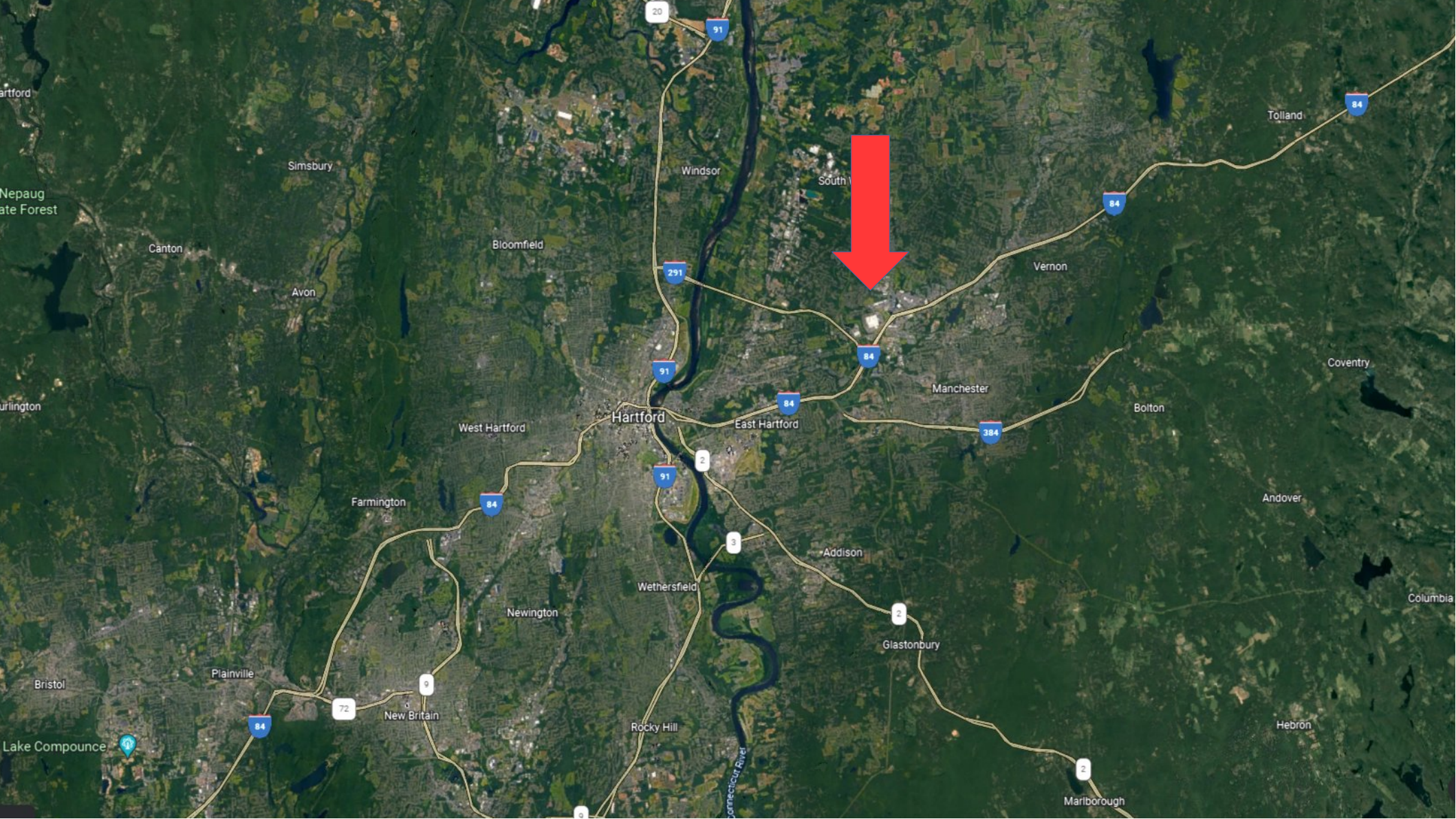






 Ahold
Delhaize

GROCERY
STORY
PRESS









313

312

311

310



DELIVERY ORDER
Groger GROCERIES
ONLINE

metro
market

Pick 'n Save



Kroger

K1221019

DELIVERY ORDER
Groger GROCERIES
ONLINE

Kroger

K1220087

K1220027



ANNOUNCEMENTS

Kroger and DoorDash to Bring Fast, Convenient Grocery Delivery to Millions Nationwide

Kroger expands DoorDash relationship, gaining incremental customers and occasions, plus new retail media channels

 Sep 29, 2025



Amazon takes on Walmart with new store concept

The approximately 225,000-square-foot store the retailer is planning near Chicago will sell groceries alongside general merchandise.

Published Jan. 13, 2026





INVESTORS

C&S Wholesale Grocers Acquires Winn-Dixie, Harveys

Wholesaler continues push for retail locations

DAN CRAFT

February 18, 2025 . 9:00 AM — 3 min read

3. Communicate **WHERE WE'RE AT**

The store is no longer the unit of competition,
the grocery retail ecosystem is.

We're moving from: "Many stores competing for shoppers"
→ "A few systems organizing how food flows".

The grocery store is no longer just a marketplace,
it's becoming a vertically integrated system.

MAKING THE INVISIBLE VISIBLE

3. Communicate **WHERE WE'RE AT**



FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS

For Release

FTC Sues PepsiCo for Rigging Soft Drink Competition

Pepsi's illegal conduct has forced consumers, competing retailers to pay higher prices

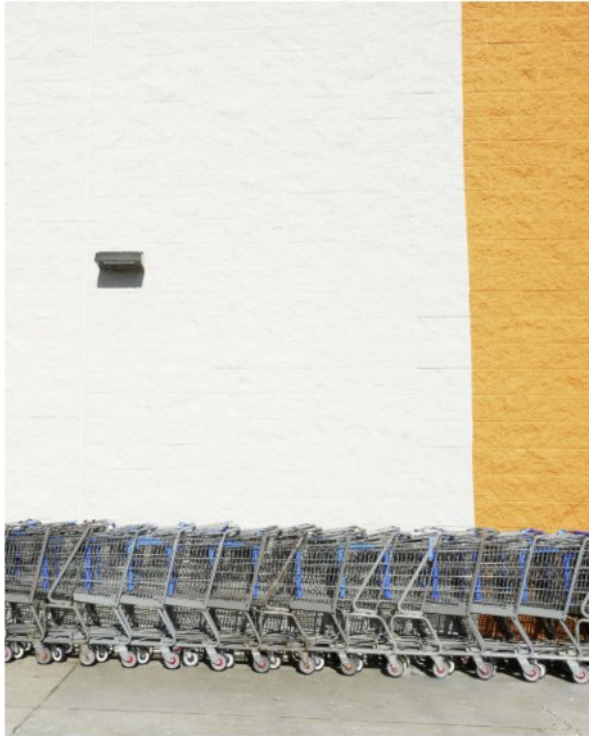
January 17, 2025

January 2025

OPINION
GUEST ESSAY

I Work at the F.T.C. I Know What Is Killing Local Groceries.

Jan. 12, 2025, 5:00 a.m. ET



John Lehr for The New York Times

January 2025

“The point of Robinson-Patman is that the same rules should apply to everyone. It is time to enforce the law again.”

Alvaro Bedoya, FTC Commissioner

Trump expels Democratic regulators at FTC

Trump's dismissal of two Federal Trade Commission members Tuesday echo his recent moves against Democrats at other independent federal agencies.

March 2025



BUSINESS | RETAIL

Federal Trade Commission Drops Pricing Lawsuit Against PepsiCo

FTC Chairman Andrew Ferguson called the lawsuit a “nakedly political effort”



May 2025



You Tube

GROCERY
STORY
PRESS

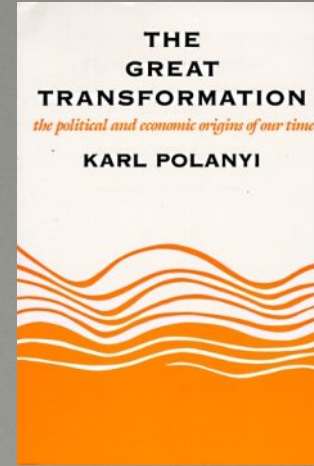
MAKING THE INVISIBLE VISIBLE

3. Communicate **WHERE WE'RE AT**

We are on our 'own'

THE COUNTER MOVEMENT

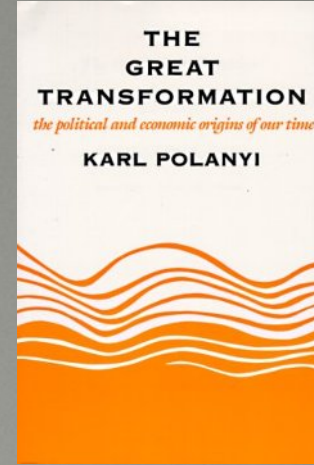
Society's attempt to repair the disruption inflicted by the "free market."



(1944)

THE COUNTER MOVEMENT

Society's attempt to repair the disruption inflicted by the "free market."



(1944)

"...to allow the market mechanism to be the sole director of the fate of human beings and their natural environment... would result in the demolition of society."

THE COUNTER MOVEMENT

Society's attempt to repair the disruption inflicted by the "free market."

Food Co-ops followed...

- Industrial revolution
- Progressive-era monopolies
- Slavery, racial discrimination & inequities
- Great Depression
- Economic prosperity/disparity of 50s/60s
- Globalization
- Grocery mergers
- Climate change
- Financial crisis 2007-2008
- Food desertification



ROLE OF MARKETS IN SOCIETY

Pre-19th century

Markets organized around social needs

19th

Society organized around market needs

20th (early-mid)

Markets organized around social needs

1980s

Society organized around market needs

Present Day

?????

MAKING THE INVISIBLE VISIBLE

4. Tell a **NEW STORY** (change the narrative)

no name®

huge wall message

to remind you how much you'll save

no name®
100% pure
corn
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no name®

New Narrative?

**“MORE THAN A
GROCERY STORE”**



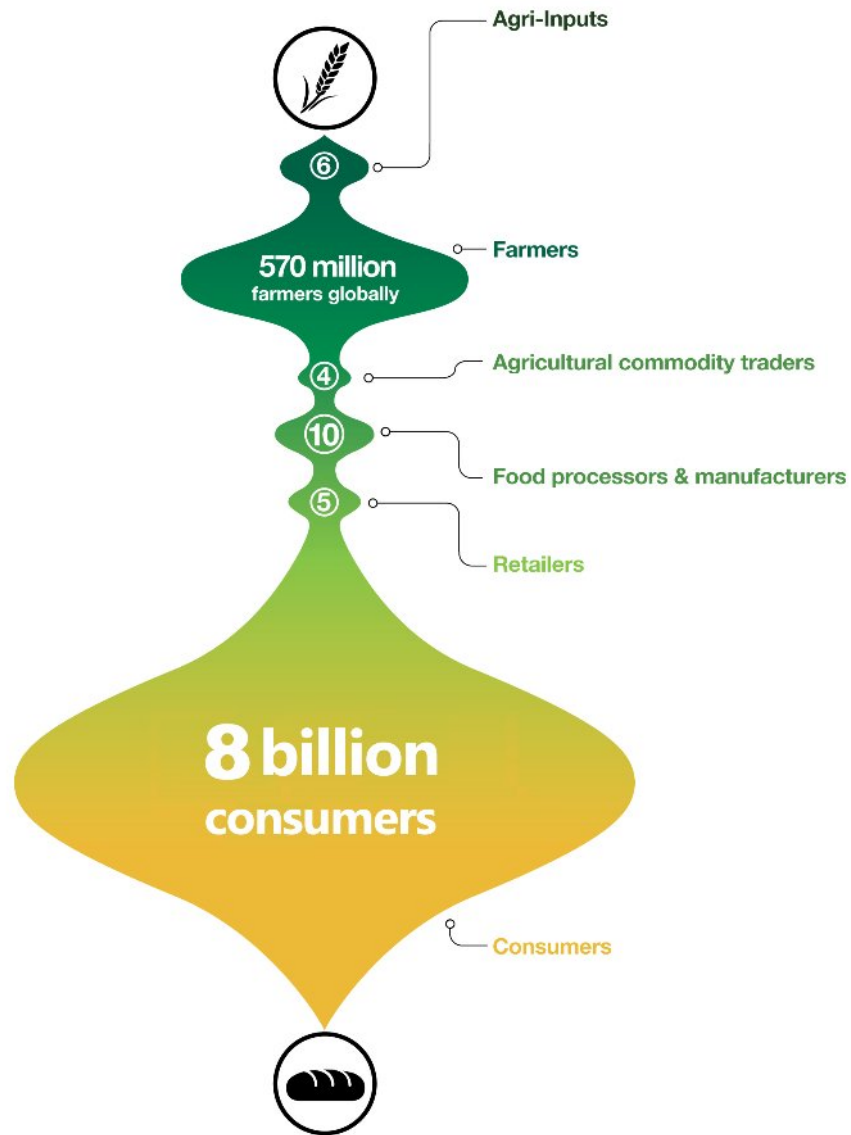


“Grocery stores are the most powerful institutions shaping...”

- **HUMAN HEALTH**
- **ENVIRONMENT**
- **ECONOMY**
- **FOOD SUPPLY CHAINS**

New Narrative?

**GROCERY STORES AS
"GATEKEEPERS"**





Loblaws

Sobeys

metro

Albertsons

SAFeway

meijer

Walmart

Wegmans

publix

Kroger

ALDI

amazon

COSTCO
WHOLESALE

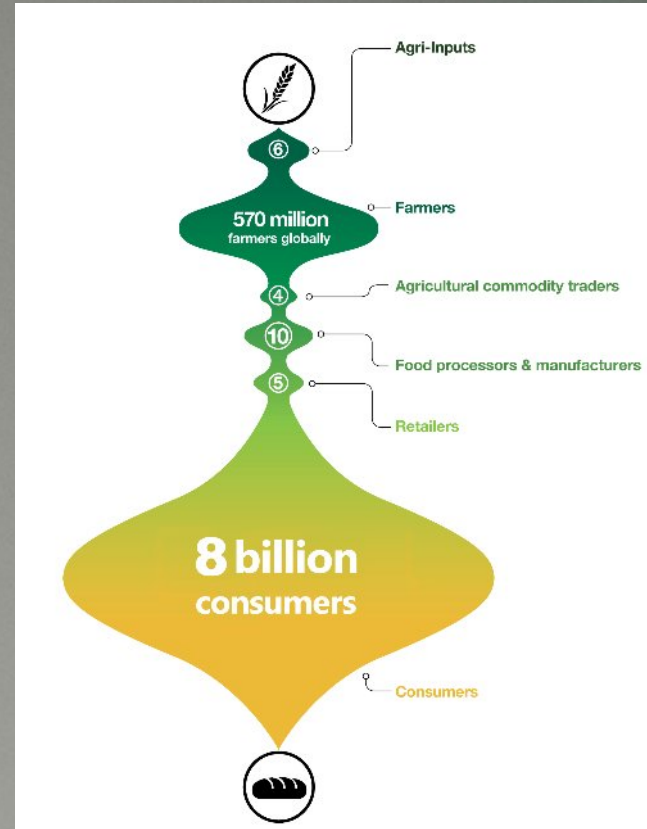
Ahold
Delhaize

New Narrative?

GROCERY STORES AS "GATEKEEPERS"

KEYWORDS & TALKING POINTS

- "Food system bottlenecks"
- "Gatekeepers"
- "Grocers determine which foods make it to market, and which don't"
- "The most powerful point in food supply chain"
- "Food supply chain's control center"



New Narrative?

“GROCERY RIGHTS”

New Narrative?

“GROCERY RIGHTS”

“GROCERY DEMOCRACY”

- Food is a human right
- The systems that provide access to food should uphold that right
- Markets are part of society—not separate from it



7

FRESH
PRODUCE

**VOTE
HERE**



EVERY VOTE
COUNTS.

Vote Here

Thank you for
participating





“Democracy isn’t something you go out and do—
it’s something you live.”

New Narrative?

“CITIZEN-CONSUMER”


New Narrative?

“CITIZEN-CONSUMER”

from “shopper” to “citizen-consumer”




Grocery store = *transactional*

 Consumer



Grocery store = *relational*

 Participant

Leads to...

- Civic duty
- Loyalty
- Resilience
- Willingness to support margins

New Narrative?

“CITIZEN-CONSUMER”

from “shopper” to “citizen-consumer”



New Narrative?

“CITIZEN-CONSUMER”

from “shopper” to “citizen-consumer”



New Narrative?

GROCERY STORES AS
“COMMUNITY INFRASTRUCTURE”

New Narrative?

GROCERY STORES as

“COMMUNITY INFRASTRUCTURE”

From “a place to shop” to “infrastructure”



New Narrative?

GROCERY STORES as
“COMMUNITY INFRASTRUCTURE”

From “a place to shop” to “infrastructure”



Photo: Don Usner, New Mexico Magazine

New Narrative?

RESIDENTS AS “**INVESTORS**”

New Narrative?

RESIDENTS AS “INVESTORS”



“Leaky Economy”



BAKERY



BRUNNEN
BROWN BUTTER CHOCOLATE CHIP \$2.
VEGAN GINGERBREADS \$2.
BACKCOUNTRY BUNS (VEGAN) \$3.
CLASSIC BROWNIES (REG/ORG) \$3.
SESAME WAFFLES \$2.
SPRINKLE COOKIES \$2.
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MELISSA OWEN



YSAULD DE MONTIGNY



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New Narrative?

RESIDENTS AS “INVESTORS”

“expense”
“price”
“spending”
“transaction”



“investment”



New Narrative?

RESIDENTS AS “INVESTORS”

“BUY LOCAL”



“**INVEST** IN
RESILIENT
SUPPLY CHAINS”



New Narrative?

RESIDENTS AS “INVESTORS”

What are we investing in?



MAKING THE INVISIBLE VISIBLE

5. Know and communicate **WHAT'S POSSIBLE**





BUY ALL
YOU CAN
CO-OPERATIVELY!

LET'S BE OUR OWN
LOYAL CUSTOMERS AT
OUR OWN CO-OP

BIGGER VOLUME
MEANS

GREATER EFFICIENCY
BETTER SERVICE
LARGER STOCKS
BETTER WAGES
TO EMPLOYEES
and
LARGER SAVINGS

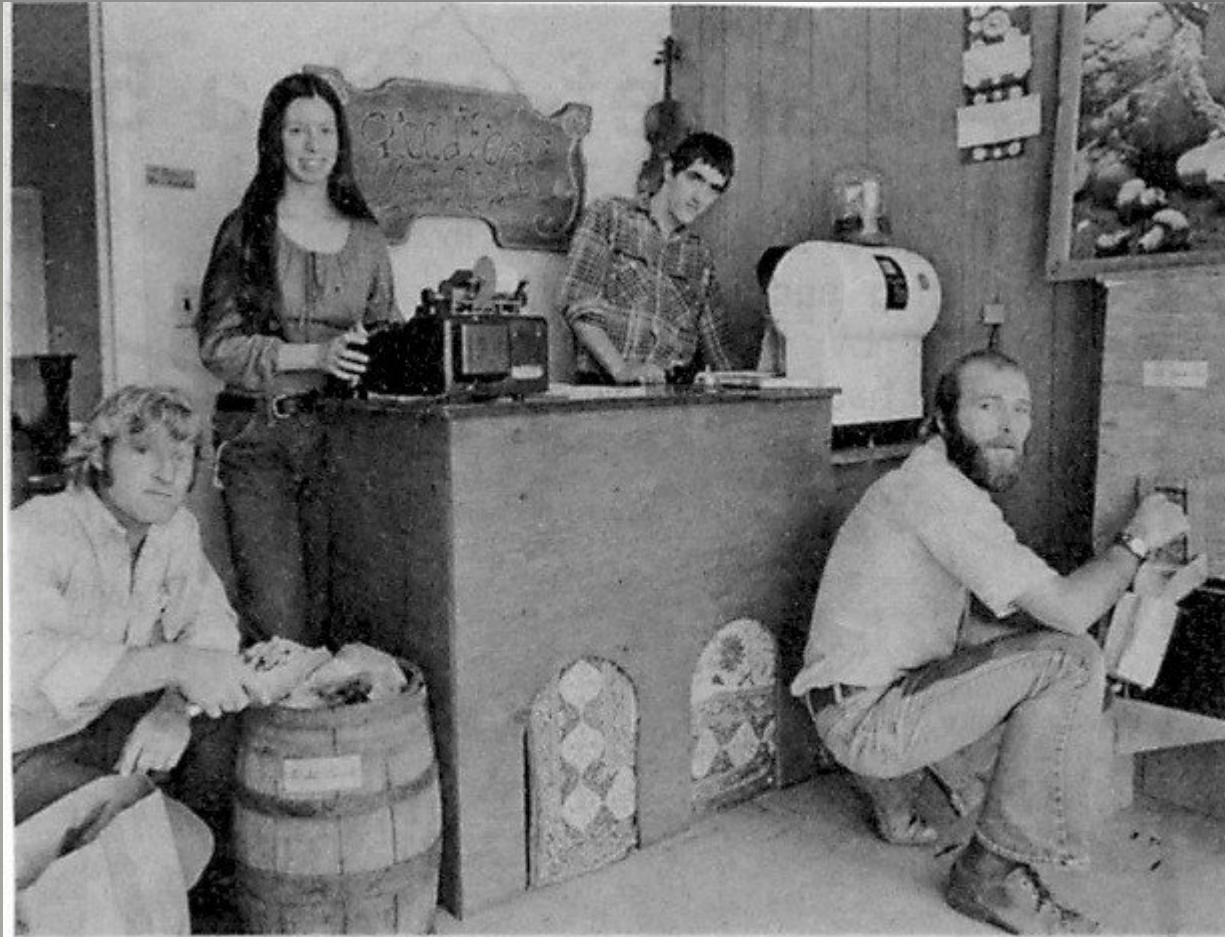
**Loyalty to Your
Co-op Is Loyalty
to Yourself!**

GREENBELT CONSUMER SERVICES, INC.

1970s



1970s



PROPRIETORS OF THE GOOD FOOD STORE — from left, Jim Eagen, Katie Mosel, Rod Davis and Dave Mosel. (Phil Schofield photo)



“We wanted to set up an alternative, parallel system to just about everything, and food was a good place to start.”

- Steve Pincus, founding member, Outpost Natural Foods

COMMUNICATION & GROCERY DEMOCRACY

 **TPSS CO-OP**
Natural Foods
TAKOMA PARK SILVER SPRING COOPERATIVE

“Selling food isn’t our only goal...it’s just a pretext for building, living and breathing models of revolutionary change.”

- A member of DC's 14th Street Fields of Plenty Co-op, open from 1970 - 1990.

Shaping Our
Second Store Event
with Co-op Expert Jon
Steinman
(Be part of the story!)
Saturday, January 24 | 3-7 pm
Takoma Park Community Center

philip martz
paint & more



FROM THE GENERAL MANAGER



A Community of Care

"This is my favorite event of the year."

Heidi, Produce Team Member, gets ready to take her seat in the Co-op's Board Room. Every January, our Produce Department hosts local farmers in a gathering

Growing Good: The Co-op's Farm to Food Bank Program

Introducing Madeline McGonagle, Community Action's Farm Liaison

By Community Action | Liz Jennings & Madeline McGonagle

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Clinical Massage & Lymph Drainage
CarlaBee Whitney, LMT, CMT, CPMT, RHT
www.alexkeny-wellness.ca

Live a More Vibrant, Balanced, Vital & Healthy Life!

Andrea's House Cleaning Services

Licensed & Bonded
Insurance

Lic.# 602287379
(360) 814 3426



Aromatherapy Products for Wellness
Highest quality oils, Positive Vibes
Shipped fast to you!
• Local classes
• Custom blends
• Private parties
• Speaking events

www.CircleOfHealingEssentialsOils.com
425 210 2532 Michelle Masler
instagram: @circleofhealingaromatherapy

Contact the Enquirer

NicoleN@skagitfoodcoop.com
360.336.5087 x136
Nicole Noteboom, editor

Interested in advertising?
Visit the Co-op website or email
NicoleN@skagitfoodcoop.com for rates.

The ad deadline for the next issue
(Summer | July 2026) is **Friday, May 16**

skagitfoodcoop.com/coop-newsletter



Protecting Skagit Farmland since 1989
Help us keep Skagit Valley farming
www.skagitonians.org

GROCERY
STORY
PRESS

ROCKTOWN HISTORY

3821 High
Dayton, VA 22821
(540) 879-2681



AMANDA K GROSS



DEEPEN YOUR ANALYSIS
AND BUILD YOUR
ANTIRACIST COMMUNITY
Meetings are twice a month, Sundays 6-8pm

JOIN NOW!

BINGO

Follow Sage Bird on Social Media	SWAG! Feed back to 100 people on FB or 100 on IG	Attend our Thursday High Tea	Attend a Fitness Class at US on Sun, Mon, Tues, or Thurs	Buy a Snickers from your neighborhood grocery store
Call your job in The AutoWorld All Day	Purchase a cocktail or mocktail	Order the monthly food special	Tag Sage Bird in an Instagram Story	Get Karaoke!
See live music at US on Jan 24 or Jan 25 (8-10pm)	Sign up for our monthly newsletter	Leave a 5-star review on Google or Yelp	Buy a bottle or 4-pack of beer	Eat Lunch or Dinner at Sage Bird
Tip your bartender in cash	Attend Happy Hour Wed, Thurs, Fri, or Sat	Bring in a receipt from a Hiking Store	Visit wearing Sage Bird Merch	Attend a Ticketed Event: Art, Yoga, Music
Attend Book Club or donate a book to our library	Put a QR sticker on your water bottle, car, or computer	Purchase a Flight of Five	Fun Fact about a bartender	Bring in a receipt from a participating business

HOW TO PLAY:
1. Help us chase away the January Blues! Complete these actions in January to get squares verified.
2. Verify each box with a bartender. One square verified per action - one action does not count for multiple squares.
3. Win an entry to the weekly drawings with every BINGO earned, entries accumulated!
4. A Blackboard guarantees a prize win PLUS entry to the Grand Prize!



GROCERY DEMOCRACY:

Rise of the Citizen Consumer

CO-OP LEARNING



Sunday January 25th 6:00-8:00PM

Join us for a presentation & Q&A about the power of the citizen consumer and food co-ops in today's food system with author Jon Steinman.
Free refreshments will be served. Learn more & RSVP on our website!
Presented by author Jon Steinman **FREE TO ATTEND**

This Event Will Be Held at Friendly City Events | 126 W Bruce St Harrisonburg, VA
Register online & in-store

WINTAPLEY and the Cannons
WINTER TOUR 2026

STAND UP COMEDY CLUB





PLEASE TALK TO US!

What Delighted you or Disappointed you at the co-op today 1 1 3 ?

Staff/Customer Service Store/Co-op Environment
 Product on the shelves Other: _____

Additional comments, questions, or suggestion: _____

If you like a response, please leave your contact information:
Name _____
Phone No. _____
Email _____

Please check if you'd like to receive our e-newsletter!

Suggestion Comment Form

Date: 4/18/2015

Comment: Can you please carry the new GoMacro white chocolate flavor bars ???

Response: It will be on the shelf soon!!

Response By: GYS

Suggestion Comment Form

Comment: We love our Co-Op Staff and want to see fair wages for Pen.

Response: We love our staff too! Thank you for your comment!

Response By: Anne G, General Manager



Please rate The Merc Co+op in terms of how well it is meeting your needs in the following product categories. (select one per row)

	Extremely Satisfied	Satisfied	Somewhat Satisfied	Dissatisfied	Extremely Dissatisfied	No opinion
Grocery (cereal, juice, canned goods, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dairy (milk, eggs, yogurt, soy, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh fruits & vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat, poultry, fish & seafood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deli/ready to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Shopping Patterns

Where do you spend most of your grocery dollars? (select up to 3)

- The Merc Co+op
- Dillons
- Checkers
- Hy-Vee
- Aldi
- Sprouts
- Natural Grocers
- Target
- Walmart
- Amazon/Whole Foods
- Costco
- Other: _____

Kootenay
co-op

— REGISTRATION OPEN —

town hall meeting

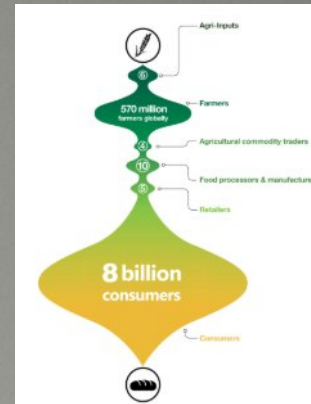
NOVEMBER 9TH 2022

IN PERSON + ONLINE





VERTICAL INTEGRATION



made from scratch

bakerly
crêpes to go!

Crêpes à la mode — always delicious!

Crêpes à la mode
CROISSANTS
PAIN DE CÂNON
PAIN DE SÉNECA

NO PUBLIC ACCESS
BEYOND THIS
POINT.
EMPLOYEES ONLY.

germ

VEIKO

ALLERGEN ALERT
PLEASE BE ADVISED THAT OUR FOOD MAY HAVE COME IN CONTACT WITH OR CONTAIN SESAME, PEANUTS, TREE NUTS, SOY, WHEAT, EGGS, WHEAT, SHELLFISH, OR FISH.
PLEASE ASK A TEAM MEMBER ABOUT THE INGREDIENTS LIST.
PLEASE LET US KNOW IF YOU HAVE AN ALLERGY.
THANK YOU - MANAGEMENT
WWW.FREDEBURGFOODCOOP

PIRINOTO CHEESE
CHICKEN SALAD
CURRIED CHICKEN SALAD
TUNA SALAD
EGG SALAD



VEGAN CURRIED TOFU
VEGAN TUNA SALAD
CURRIED CAULIFLOWER WITH ALMONDS
MILKED BEB CHICKEN
PICKLED RED ONIONS
PICKLED ROASTED RED PEPPERS
EGG/LAKY WITH HERB
SOLIMAS
CHEESE TORTILLA WITH VEGGIES
CREW WITH ROASTED TOMATOES & CAJONS
RAINBOW PASTA SALAD

VEGAN CURRIED TOFU
VEGAN TUNA SALAD
CURRIED CAULIFLOWER WITH ALMONDS
MILKED BEB CHICKEN
PICKLED RED ONIONS
PICKLED ROASTED RED PEPPERS
EGG/LAKY WITH HERB
SOLIMAS
CHEESE TORTILLA WITH VEGGIES
CREW WITH ROASTED TOMATOES & CAJONS
RAINBOW PASTA SALAD



FRENCH CLUB SANDWICH
TURKEY PROVOLONE WRAP
CESAR SALAD
TUNA SALAD SANDWICH
MAY SANDWICH
EGG SALAD SANDWICH







made here



made here



made here



classic chicken soup \$14.99, chicken tortilla soup II \$13.99, greekian red lentil soup \$13.99



chicken bone broth \$12.99, portuguese kale + white bean soup \$12.99



potato leek soup \$16.99, borscht soup \$12.99, beef + barley soup II \$16.99, that chicken rooster soup \$12.99



GROCERY STORY PRESS



coop deals
Meat Flocks
Assorted Chicken Wings 10 per pack
\$2.69/lb

coop deals
Meat Chunks
Assorted Chicken Chunks 10 per pack
\$2.69/lb

coop deals
Meat Chunks
Assorted Chicken Chunks 10 per pack
\$2.69/lb

coop deals
Meat Flocks
Assorted Chicken Wings 10 per pack
\$2.49

coop deals
Meat Chunks
Assorted Chicken Chunks 10 per pack
\$2.49

Non-Stick Parchment
Roasting Bags

\$ 9.99

\$ 7.99

\$ 7.99

\$ 6.99

\$ 5.79

\$ 6.49

\$ 3.99

\$ 1.79



MEAT ROPE SAUSAGE
\$ 4.99

CO-OP
HOT ROPE SAUSAGE
\$ 4.99

CO-OP
MILD ITALIAN SAUSAGE
\$ 5.99

CO-OP
HOT ITA
\$ 5

CO-OP
MEAT LOAF MIX
\$ 9.99

CO-OP
GROUND PORK
\$ 4.49

coop deals
Fresh Ground Beef
\$ 4.99 / lb

CO-OP
GROUND ROUND
\$ 6.99

CO-OP
GROUND SIRLOIN
\$ 7.99

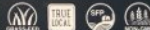
coop deals
PINELAND
Natural Fresh Ground Beef
\$ 5.99 / lb
SAVE \$2.00

your true local suppliers



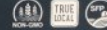
Kootenay
kootenay
natural meats
CRESTON, BC

Dale + Wendy raise cattle + turkeys ethically in open pastures, hormone and antibiotic-free. Cattle are 100% grass-fed + finished.



Kootenay
tarzwell
farms
CRESTON, BC

Cattle raised humanely by Tom + Leanne using locally sourced grain + forage. No routine antibiotics, no hormones + free to roam.



Kootenay
chuckreese
poultry farm
CRESTON, BC

Curtis + Megan spaciouly raise chickens and turkeys on certified organic feed. Processed on the farm without transportation stress.



Kootenay
cripple crow
ranch
VALLICAN, BC

Tamara raises stress-free, healthy, well-cared for chickens on open pasture protected by mobile shelters. Certified organic.



Kootenay
cutter ranch
FORT STEELE, BC

Tyler + Sascha provide each of their animals with year-round open access to lush pastures, clean, fresh water + comfortable shelter.



Kootenay
J2 ranch
CANAL FLATS, BC

Susan + Richard raise bevon + wagyu ethically with low stress and on open pasture. The hay + grain feed is hormone-free.







Weekly Bakery Bar Prices
Muffins
Scones
Breads

Gluten Free
Peanut
Sandies
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

Macarons
Cookies
Water Washed
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

Peanut
Butter
Cookies
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

Macarons
Cookies
Water Washed
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

Macarons
Cookies
Water Washed
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

CAFÉ
Mam
TANGO BLEND
100% ARABICA COFFEE

COFFEE
MILK
SUGAR
SPOONS

Muffins
\$3.95
Banana & Lemon Muffins
Vanilla & Lemon Muffins

Lemon Cup
Cakes

Cinnamon Rolls

Cinnamon Rolls

Banana Bread
Cinnamon Bread
Sourdough Bread
Whole Wheat Bread

Banana Bread
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

Cookies
Biscotti
\$2.25

Chocolate &
Caramel
Biscotti
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

Almond Biscotti
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

Almond Biscotti
Organic Flour
No Eggs
Contains: Peanuts, Sesame Seed,
Soy, Wheat, Milk

YUM EARTH

CAFÉ
MAM
100% ARABICA COFFEE
ORGANIC FLOUR
NO EGGS
CONTAINS: PEANUTS, SESAME SEED,
SOY, WHEAT, MILK

Minnesota and USDA Award \$304,198 to MANNA Food Co-op

Eleven state projects will receive funding to improve local and regional food systems






monadnock[®]
FOOD CO•OP

GROCERY
STORY
PRESS





PLAINFIELD HARDWARE

Vermont Products

Beer & Wine

Deli

Homemade Pies

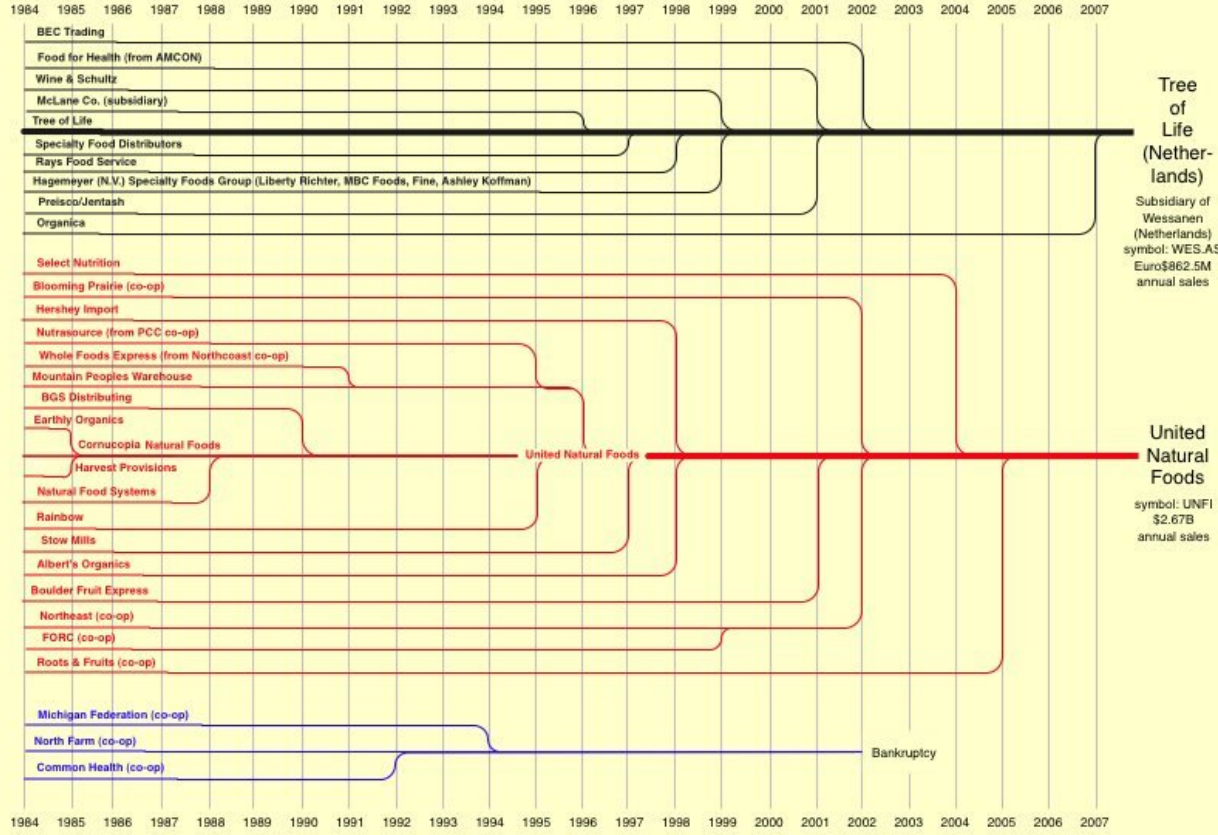
Vermont Apples



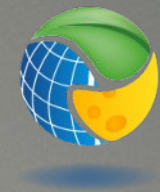
SWEET CORN



Organic Industry Structure: Distributor Acquisitions and Mergers, 1984-2007



Tree of Life (Netherlands)
 Subsidiary of Wessanen (Netherlands)
 symbol: WES.AS
 Euro\$862.5M annual sales



KeHE®

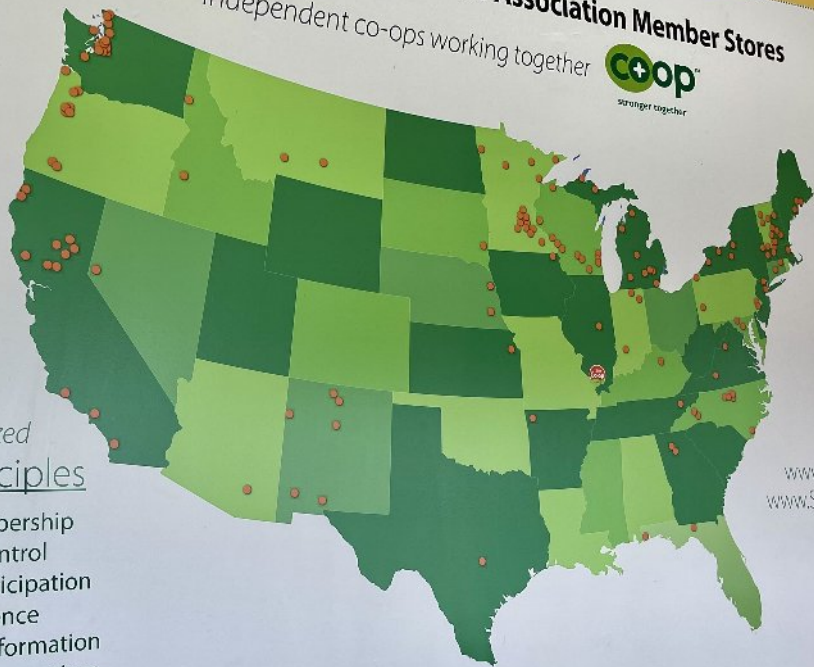
United Natural Foods
 symbol: UNFI
 \$2.67B annual sales



Phil Howard, Assistant Professor, Dept. of Community, Agriculture, Recreation and Resource Studies, Michigan State University

National Cooperative Grocers Association Member Stores

independent co-ops working together



Internationally recognized cooperative principles

1. voluntary & open membership
2. democratic member control
3. member economic participation
4. autonomy & independence
5. education, training & information
6. cooperation among cooperatives
7. concern for community

For more information
www.Neighborhood.Coop
www.StrongerTogether.Coop



coop basics

everyday low price!



7.99
\$4.49



\$2.49
\$2.29
\$3.49



\$4.99
\$0.99



\$2.99
\$1.99
\$3.99



\$6.99



Beans
Global
Sou

coop deals

MAY 2 - MAY 15, 2018



fair deals

FAIR TRADE GOODS
Co-ops support fair trade, which encourages democratic decision-making, fair wages and safe working conditions for growers who supply ingredients for companies like Alterra and Dr. Bronner's.



6.99
Dr. Bronner's Organic Coconut Oil
14 oz., selected varieties



5.39
Alterra Organic Quinoa
12 oz., selected varieties



6.99
Equal Exchange Organic Whole Beans and Ground Coffee
12.5 oz., selected varieties
Special on sale for \$8.99



2/\$5
Thin Organic Chocolate Bar
1 oz., selected varieties



Fair trade products and companies - doing good around the world!
May 12 is World Fair Trade Day.



3.99
Udi's Gluten Free Hot Dog Buns
12 ct., selected varieties



4.99
Udi's Gluten Free Frozen Pizza
12 ct., selected varieties



4.39
Udi's Gluten Free Peas & Corn
8 oz., selected varieties



6.99
Udi's Gluten Free Handbitch Bread
14 oz., selected varieties

so good & gluten free!

Udi's is committed to making delicious food that just happens to be gluten free, because we believe you shouldn't have to compromise on taste to live a gluten free lifestyle. It's genuine, bakery-fresh-flavor and texture you're looking for. Udi's promises a wide selection sure to please.

There's something for everyone at the co-op.



9.99
Health Aid Organic Kombucha
16 oz., selected varieties



3/\$5
Organic Prairie Piggy Beef Sock
1.5 lb., selected varieties



2/\$3
Tostitos Organic Doritos
10.5 oz., selected varieties

Spring weather has you on the run!
Snacks to fuel your fun!



3.99
Living Ling Vegetable Spring Rolls
12 ct., selected varieties



4.99
San Pellegrino Sparkling Juice
12 oz., selected varieties



2/\$5
Back to Nature Organic Crackers
12 ct., selected varieties



2/\$5
On the Border Cranberry Crackers
12 ct., selected varieties



2/\$5
Udi's Gluten Free Pasta
12 oz., selected varieties



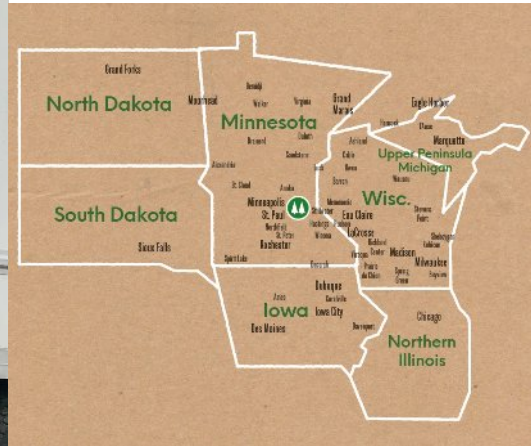
1.99
Angel's Beans
15 oz., selected varieties

our community owned co-op, always local.




CO-OP
PARTNERS
WAREHOUSE


Wedge
COMMUNITY CO-OPS



GROCERY
STORY
PRESS

Roots run deep: Orcas Food Co-op takes the helm of San Juan Islands Food Hub

Published 1:30 am Tuesday, March 17, 2026



PROVISIONS

Co-op Wholesale



ABOUT ▾

HOW TO SHOP ▾

ACCOUNT ▾

Search Provisions



unfi
united natural foods

SHOP!

Order Deadlines: 5pm Sunday / Tuesday

Check out the latest!

coop deals

SHOP!

Deals Good for Orders Placed 4/27 - 5/10

Stretch your budget!

coop basics

SHOP!

Once a Month

KeHE

SHOP!

BY NOON
SUN. MAY 10TH
DELIVERY MAY 13TH

ORDER NOTE: Please separate orders by distributor.

CHARLIE'S PRODUCE

CULTIVATING FRESH

SHOP!

Order Deadlines: 10am Sun / Tue / Thurs

Peterson

DELIVERING A WORLD OF GOOD TASTE
EST. 1947

SHOP!

Order Deadline: 10am Friday

**CONCERN
FOR
COMMUNITY**



grown + crafted
WITHIN 100-MILES OF YOUR CO-OP

In peak growing season, 40%
of the produce department is
TRUE LOCAL.





Last year, your support for True Local put more than

\$4 million

directly into the pockets of local farmers + artisans

This is a direct investment in:



local food security



meaningful local employment



thriving + resilient communities

(based on our 24/25 fiscal year)







CASE LOT SALE
IN-STORE + ONLINE

Bioitalia	Member Price
Organic Sunflower Oil	
Reg \$16.99 750ml	
Buy 6 \$9.99	SAVE 41%
Buy 2 \$12.49	SAVE 26%
	<small>Oct 23 - Nov 08</small>

Kootenay
 co-op

CASE LOT SALE

APRIL 3 - 16

IN-STORE + ONLINE

www.kootenay.coop/caselot



CASE LOT SALE

MEMBER PRICING WHILE QUANTITIES LAST

Earth's Own

Oat Beverages

Original- Zero Sugar

Reg. \$4.39 942ml

Buy 12 \$2.79 SAVE 36%**

Buy 8 \$3.19 SAVE 27%**

Buy 4 \$3.59 SAVE 18%**

Oct 23 - Nov 05

Kootenay
co-op

CASE LOT SALE

APRIL 3 - 16

IN-STORE + ONLINE

www.kootenay.coop/caselot



GROCERY
STORY
PRESS



CSA?

Learn

More.

Radical Roots Farm



Founded in 2000 by Dave and Lee O'Neill, Radical Roots Farm is a five acre family farm that produces high quality, certified organic vegetables, herbs and plants in Keezletown, Virginia. They use sustainable methods of farming such as cover cropping, crop rotation, beneficial insect attraction, and applied compost. The Radical Roots CSA offers a market style pickup and specializes in salad greens, lettuces, cooking greens, tomatoes, cherry tomatoes, peppers, herbs and flowers.

[Local] Love

radicalrootsfarm.com



What is a CSA Share?

Community-Supported Agriculture (CSA), is a system that connects the producer and consumers by allowing the consumer to purchase a share from a local farm and periodically receive vegetables and other produce throughout the farming season. It is an alternative model of agriculture and food distribution that allows the producer and consumer to share the risks of farming.

St. Isidore Homestead & Permaculture



Pedro Aponte and family run a micro-farm located in Grottoes, Virginia. Their mission is to produce high-quality food for their family and the local community using sustainable practices and strong principles of care for the common good. They don't use chemical fertilizers, pesticides, or herbicides and they practice permaculture principles. They grow approximately 40 varieties of vegetables and they carry pastured chicken and eggs. Their open door policy means you are able to visit their farm anytime!

Season

May 28 - Sept 26

Pick Up

Friendly City Food Co-op

Thursdays, 4-7pm

Season

May 28 - Sept 26

Pick Up

Friendly City Food Co-op

Thursdays, 4-7pm

[Local] Love

isidorehomestead.com



Season's Bounty Farm



Season's Bounty Farm began as a small CSA 13 years ago, and has expanded since then to provide a wide variety of fresh produce for the local community through multiple outlets including the Harrisonburg Farmers Market, The Friendly City Food Coop and multiple local restaurants. Their produce is grown without any pesticides in fabulous soil along Linville Creek just 2 miles north of Harrisonburg. Radell and Sarah Schrock also have a large flock of sheep, a small herd of cattle and a few chickens.

Season

June - Sept

Pick Up

Friendly City Food Co-op

Wednesdays, 4-6:30pm

Season

June - Sept

Pick Up

Friendly City Food Co-op

Wednesdays, 4-6:30pm

[Local] Love

seasonsbountyfarm.com



Glen Eco Farm



Marlin and Christine Burkholder run a small family farm located in the heart of the Shenandoah Valley. They are committed to sustainable agriculture principles and in being kind to the earth. Providing a diverse assortment of produce, including vegetables and some fruit, they also offer pasture raised eggs. Making use of strip cropping and contour tillage enables them to conserve water, and crop rotation enables them to control pests and plant diseases. They are long time members of the Virginia Association for Biological Farming.

Season

May 21 - Oct 15

Pick Up

Friendly City Food Co-op

Tuesdays, 5-7pm

Season

May 21 - Oct 15

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Tuesdays, 5-7pm

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Season

May 21 - Oct 15

Pick Up

Friendly City Food Co-op

Tuesdays, 5-7pm

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Season

May 21 - Oct 15

Pick Up

Friendly City Food Co-op

Tuesdays, 5-7pm



VIRGINIA FRESH MATCH

Use su SNAP/EBT y obtenga 50%
de descuento en frutas y verduras

- 1 VAYA a Friendly City Food Co-op
- 2 COMPRE alimentos
- 3 PAGUE con su tarjeta de SNAP/EBT
- 4 OBTENGA UN 50% DE DESCUENTO en frutas y verduras

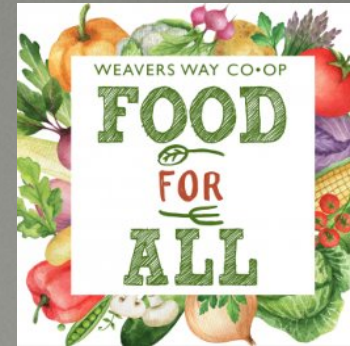


Spend SNAP/EBT to get
50% OFF fruits and vegetables

- 1 GO to Friendly City Food Co-op
- 2 SHOP for food
- 3 PAY with SNAP/EBT
- 4 GET 50% off fruits and vegetables

WWW.VIRGINIAFRESHMATCH.ORG





15% discount on purchases



Non-Profit 'offshoot'

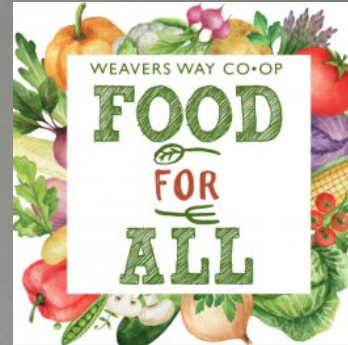
Working Member Program
6-hours/yr = 5% discount

High 5

**FOOD
MOXIE**

**Donate Your
Working
Member
Discount**

Working Member Program
6-hours/yr = 5% discount



15% discount on purchases



Non-Profit 'offshoot'

A Sweet Partnership!

100% profit
from the sale of
these Organic apples
will be donated to Rogue
Valley Farm to School
programs in Jackson
& Josephine counties.

www.rvfarm2school.org



ASHLAND
FOOD CO-OP
EST. 1979

907g
USDA
ORGANIC
2LB
superfresh
organics

Pommes Biologiques
Granny Smith

superfresh
organics

Organic Apples
Granny Smith

superfresh
organics

superfresh
organics

superfresh
organics

superfresh
organics

FARM TO SCHOOL
ORGANIC
APPLES

THESE APPLES SUPPORT
FARM-TO-SCHOOL EDUCATION
in your community.

Net Weight 48 oz
3 POUNDS
K&B Dole's Not

THESE APPLES SUPPORT
FARM-TO-SCHOOL EDUCATION
in your community.

ORGANIC

VOTE

in the Eastside board
election & for next year's
Seedlings recipients.



Visit the URL below or scan the
QR code to learn more and vote.

WWW.EASTSIDEFOOD.COOP/ELECTION



VOTING ENDS AT
Midnight ON
Wednesday,
October 15th.

2026

January Agate Housing & Services

February Dream of Wild Health

March Little Kitchen Food Shelf

April Land Stewardship Project

May Northeast Farmers Market

June Friends of the Boundary Waters

July Eastside Meals on Wheels

August Friends of the Mississippi River

September Every Meal

October Eastside Food Co-op Cooperative Community Fund

November Division of Indian Work

December Ampersand Families

kootenay co-op community giving recipients

Aimee Beauieu
Transition House

ANKORS

Association des
Francophones des
Kootenays Ouest
(AFKO)

BC SPCA (The
BC Society for the
Prevention of Cruelty to
Animals)

Bee Awareness Society

Bienestar (Selkirk
College Nursing Alumni)

Brandon Salvulo
Memorial Scholarship
Fund

Caslaglegar Minor Hockey

Civic Theatre Society

Climate Action

Coaches Culinary
Classic

Coldest Night of the Year
(Nelson CARES)

Columbia Basin Alliance
for Literacy (CBAL)

Columbia Basin
Environmental
Education Network
(CBEEN)

Community Cares
Network

Community-Based
Victim Services (Nelson
CARES)

Corazon Choir

Cottonwood Lake
Preservation Society

Crawford Bay School

Cycling Without Age

Ducks Unlimited Canada

Ecole des Sentiers
Alpins

Ernie Gare Scholarship
Society

Four Nations Coalition of
Indigenous Medicines

Freedom Quest Youth
Services Society

Friends of Kootenay
Lake Stewardship
Society (FOKLSS)

Glacier Gymnastics

Glade Recreation
Commission

Global Rhythms
Collective

Granite Pointe Ladies'
Club

Grans to Grans

Grassroots Solidarity
with Wet'suwet'en Nation

Greater Trail Stingrays
Swim Club

Haiti Arise

Hume School

Ignite Kootenay
Women's Conference

In Support of The Porcupine
Movement

Inchellium Language and
Cultural Association

Interior Health

KAIROOS

Kalein Hospice

Kaslo Food Hub

Kaslo Jazz

Kelowna Rockets

Kootenay Animal
Assistance Program
(KAAP)

Kootenay Arts Coop

Kootenay Association of
Science and Technology

Kootenay Boundary
Community Services
Co-operative

Kootenay Christian
Fellowship

Kootenay Collaboration
Network

Kootenay Co-op Radio

Kootenay Food

Kootenay Home
Educators

Kootenay Kids Society

Kootenay Lake Hospital
Foundation

Kootenay Musical
Theatre Society

Kootenay Seniors
Program (Nelson
CARES)

Kootenay Shambhala
Meditation Centre

Kootenay Swim Club

Kutenai Art Therapy
Institute

LV Rogers

LVR Band

LVR Garden Project

LVR Girls Field Hockey

LVR Grad Committee

Make a Change Canada

Mamas for Mamas (West
Kootenay Chapter)

Mount Sentinel
Secondary School

Nelson & Area Friends of
the Family

Nelson & District Arts
Council

Nelson & District
Chamber of Commerce

Nelson & District Day
Hospice

Nelson & District
Hospice Society

Nelson & District Rod &
Gun Club

Nelson & District Seniors'
Coordinating Society

Nelson & District
Women's Centre

Nelson & District Youth
Centre

Nelson Area Economic
Development
Partnership

Nelson Baseball
Association

Nelson Boxing Club

Nelson Civic Theatre

Nelson Committee on
Homelessness (Nelson
CARES)

Nelson Community Food
Centre

Nelson Community
Services

Nelson Cycling Club

Nelson Early Childhood
Advisory Council

Nelson History Theatre

Nelson Innovation
Centre

Nelson Kootenay Lake
Tourism

Nelson Leafs

Nelson Legion

Nelson Library

Nelson Nordic Ski Club

Nelson Rhythm Ropers

Nelson Sea Cadets

Nelson Search and
Rescue

Nelson Skating Club

Nelson Waldorf School

North Kootenay Lake
Arts & Heritage Council

North Kootenay Lake
Community Services
Society

Old Fire Hall

Options for Sexual
Health

Osprey Air Cadets

Our Daily Bread

Redfish PAC

Redfish School

Renaissance Arts and
Sustainability Society

Riondel Golf Club

Road Kings

Rosemont Community
Kitchen

Rotary Club of Nelson
Daybreak

Rural Alternatives
Research & Training
Society (RARTS)

Save On Foods - Ladies
on the Lake

Selkirk College

Sinixt Smum'iem

Slocan Food Cupboard

Slocan Park Community
Hall Society

Slocan Valley
Community Arts Council

Slocan Valley Rail Trail

South Nelson School
PAC

St. Joseph Elementary
School

St. Saviour's Food Pantry

Starbely Jam

Stay Sweet

Summer Breeze Music
and Art Party

Tagham Hall

The Advocacy Centre
(Nelson CARES)

The Community Ascent
Network

The Piece of Heaven
Animal Sanctuary

Trafalgar Band

Trafalgar Middle School

Vallican Whole
Community School

Violence Against
Women in Relationships
Committee (Nelson
CARES)

Waldorf School

War Child Canada

WE Graham Community
Service Society

West Kootenay
EcoSociety

West Kootenay
Pharmaceutical Co-op

West Kootenay Regional
Arts Council

Whitewater Ski Team

Wild Voices

Wildflower School

Winlaw Elementary PAC

Women's University
Auxiliary

Yasodhara Ashram

Young Agrarians



ROUND UP FOR CHANGE

JANUARY 4-10 2026
NEW BRIDGES IMMIGRANT RESOURCE CENTER
Multiple programs, services and support for refugees, immigrants and newcomers. We are currently accepting applications for our New Bridges Immigrant Resource Center. For more information, please contact us at 250-863-1111 or visit our website at www.newbridgesimmigrant.ca

COVENANT CHOICE
FEBRUARY 1-7 2026
EMMANUEL FOOD PANTRY
The Emmanuel Food Pantry is a community-based organization that provides food and other essential items to those in need. We are currently accepting applications for our Emmanuel Food Pantry. For more information, please contact us at 250-863-1111 or visit our website at www.emmanuelfoodpantry.ca

MARCH 1-7 2026
THE ARC
The ARC is a community-based organization that provides food and other essential items to those in need. We are currently accepting applications for our The ARC. For more information, please contact us at 250-863-1111 or visit our website at www.thearc.ca

APRIL 8-11 2026
VINE & FIG: THE FRESH VEGGIE SERIES
Vine & Fig is a community-based organization that provides fresh vegetables and other essential items to those in need. We are currently accepting applications for our Vine & Fig: The Fresh Veggie Series. For more information, please contact us at 250-863-1111 or visit our website at www.vineandfig.ca

MAY 3-9 2026
MASSANUTEN REGIONAL LIBRARY
The Massanutten Regional Library is a community-based organization that provides books and other essential items to those in need. We are currently accepting applications for our Massanutten Regional Library. For more information, please contact us at 250-863-1111 or visit our website at www.massanuttenlibrary.ca

JUNE 7-13 2026
HOPE DISTRIBUTED
Hope Distributed is a community-based organization that provides food and other essential items to those in need. We are currently accepting applications for our Hope Distributed. For more information, please contact us at 250-863-1111 or visit our website at www.hopedistributed.ca

JULY 5-11 2026
ANICIRA VETERINARY CLINIC
Anicira is a nonprofit veterinary hospital dedicated to providing pets with the highest quality of care. Through their work, they have provided thousands of pet care consultations, including spay/neuter services, vaccinations, and more. They are currently accepting applications for their Anicira Veterinary Clinic. For more information, please contact us at 250-863-1111 or visit our website at www.aniciravet.ca

AUGUST 2-8 2026
OUR COMMUNITY PLACE
Our Community Place is a dedicated to building community and providing support to those in need. We are currently accepting applications for our Our Community Place. For more information, please contact us at 250-863-1111 or visit our website at www.ourcommunityplace.ca

SEPTEMBER 6-12 2026
BLUE RIDGE AREA FOOD BANK
The Blue Ridge Area Food Bank is a community-based organization that provides food and other essential items to those in need. We are currently accepting applications for our Blue Ridge Area Food Bank. For more information, please contact us at 250-863-1111 or visit our website at www.blueridgeareafoodbank.ca

OCTOBER 4-10 2026
PROJECT GROWS
Project Grows is a community-based organization that provides fresh vegetables and other essential items to those in need. We are currently accepting applications for our Project Grows. For more information, please contact us at 250-863-1111 or visit our website at www.projectgrows.ca

NOVEMBER 1-7 2026
BLESSED SACRAMENT FOOD PANTRY
The Blessed Sacrament Food Pantry is a community-based organization that provides food and other essential items to those in need. We are currently accepting applications for our Blessed Sacrament Food Pantry. For more information, please contact us at 250-863-1111 or visit our website at www.blessedsacramentfoodpantry.ca

& so far you've helped raise...
\$1921

GROCERY
STORY
PRESS



Community Donation Day

TODAY ONLY

.....
3 % OF ALL SALES WILL BE
DONATED TO KOOTENAY ORGANIC
GROWERS SOCIETY (KOGS)

“Operationalizing democracy”

“This is what democracy looks like”



Huge shout out to the co-op staff for all their hard work this week! Between Owner Appreciation Days and snowstorm shoppers, our crew has been absolutely crushing it. Milk, eggs, and bread flying off the shelves? They're right back out there stocking it again (and again). Jumping in on truck, stocking shelves, keeping checkout lines moving, and helping wherever needed, truly an all-hands-on-deck moment. We're so grateful for the care, teamwork, and hustle our team brings every single day. Not everyone is pictured here, but everyone is appreciated. ❤️ #LocalLove



👍 169 💬 9 ➦ 2



👑 Top fan
Kathy Whitten
They all deserve a bonus!!

12w Like Reply



Lisa Hasler
They are amazing 🍌

12w Like Reply



Jeanine Gatesman Sellers
I appreciate you all so much!

12w Like Reply



Lisa Mac
They're always the best and I'm not surprised they are rising to the occasion! Thank you!

12w Like Reply



Amanda Leech
Y'all are the best!!!

12w Like Reply



Amy Corinne Knorr
I love our Co-op!! ❤️❤️❤️

12w Like Reply



Angel Kean
Thank you for all the hard work

BRAVO!



12w Like Reply



Pennie Boots
One of the reasons we enjoy shopping at the Co-op is the wonderful staff. 😊

12w Like Reply



Pat Cheeks
Thank you!

12w Like Reply

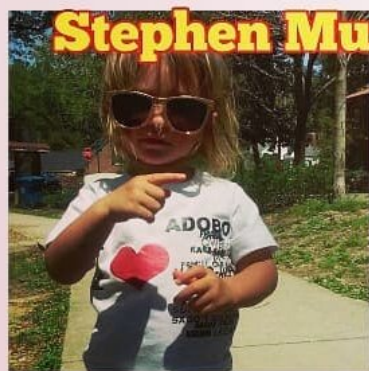








**Free Live Music!
Today**



**Stephen Munoz / Mr. Steve's Music Lab
from 6-8pm**

**Durham
CoopMarket**
Grocery & Cafe



**\$3 dinners.
every thursday.
everyone welcome.**

More Than a Market

*When a grocery store becomes
your book club, yoga studio,
and therapist*



Fredericksburg

FOOD COOP



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



FEBRUARY EVENTS

1	2 MONDAY Chair Yoga 10-10:45 am & 11-11:45 am 	3 walk WITH a DOC 4-5 pm Uke Jamming 6:30/7 pm	4 WELLNESS WEDNESDAY SALE Silent Sensory Hike at Motts Run 10-11 am	5	6	7 Walking Group 9-10 am Growing Microgreens 2-3 pm
8	9 MONDAY Chair Yoga 10-10:45 am & 11-11:45 am 	10 Transformational Tuesday 10-11 am walk WITH a DOC 4-5 pm	11	12 BOOK GROUP My Family & Other Animals 1 & 7 pm	13	14 Walking Group 9-10 am
15	16 MONDAY Chair Yoga 10-10:45 am & 11-11:45 am 	17 walk WITH a DOC 4-5 pm BOARD MTG board@fxbgfood.coop 6-7 pm Uke Jamming 6:30/7 pm	18	19 Third Thursday Therapeutics 10-11 am	20 Help for Arthritis Pain 11-11:45 am	21 Walking Group 9-10 am
22	23 MONDAY Chair Yoga 10-10:45 am & 11-11:45 am 	24 walk WITH a DOC 4-5 pm	25	26 LIVE MUSIC Laurie Rose Griffith & Peter Mealy 6-7:30 pm	27	28 Walking Group 9-10 am



Growing Microgreens



SATURDAY, FEBRUARY 7 | 2-3 PM

Join Chris and Grace Frye, owners of Micro Munchies, as they demonstrate how to successfully grow microgreens at home. Discover how they differ from sprouts and baby greens, and learn the steps from initial setup to first harvest. The session will explore nutritional value, flavor profiles, and food pairing ideas, illustrating why microgreens are a powerhouse addition to your diet.



GRACE & CHRIS FRYE

The Fryes will cover seeds and soil, essential supplies, growing techniques, and light cycles, while providing guidance on food safety, storage, and troubleshooting. You'll leave with the practical tools and knowledge needed to start growing your first indoor crop.



MICRO MUNCHIES
Locally Grown Microgreens



320 Emancipation Hwy. / Fredericksburg, VA 22401

Third Thursday Therapeutics

FREE ORTHOPEDIC WELLNESS & MOVEMENT SCREENINGS

Third Thursday, January-May / 10-11 am

JAN 15, FEB 19, MAR 19, APR 16, MAY 21

Experiencing joint pain, stiffness, or weakness? Curious if your posture or daily habits might be contributing to discomfort or limited mobility? Join **Kind Oasis Integrative Health** for a free drop-in event focused on orthopedic wellness, mobility, and pain prevention.

Led by Kerri Newman-Darrow, a licensed occupational therapist and certified hand therapist, and Garry Fitzgibbons, a licensed physical therapist, this hands-on community event draws from over 50 years of combined clinical experience. Participants will receive brief wellness screenings to identify areas of tension, weakness, or imbalance, along with simple, practical exercises and strategies to support better movement and joint health.

While not medical evaluations intended to diagnose or treat a condition, these educational screenings are designed to empower you with information and tools for overall well-being.



Kerri Newman-Darrow
OTR/L, CHT



Garry Fitzgibbons, PT



320 Emancipation Hwy.
Fredericksburg, VA 22401



kind oasis integrative health

WELLNESS SCREENINGS
PHYSICAL &
OCCUPATIONAL THERAPY

Find Your Balanced Body, Mind & Soul

These brief screenings are an opportunity to check in on how your body is moving, functioning, and adapting to daily life.

We also explore how stress, grief, or emotional load may be contributing to pain, tension, balance changes, or difficulty with everyday activities.

This is not a full evaluation; instead, a supportive conversation and movement-based check-in.



Common reasons people stop by:

- Joint, hand, or shoulder pain
- Balance concerns or fear of falling
- Stiffness or weakness after illness or injury
- Stress-related tension or fatigue
- Feeling "off" or not quite like yourself

What to Expect:

- 5-7 minute wellness screening
- PT and OT perspectives together
- No diagnosis or treatment provided
- Gentle guidance on possible next steps

Provided by:

Kerri Newman-Darrow, OTR/L, CHT
Occupational Therapy, Founder

Garry Fitzgibbons, PT
Physical Therapy

(540)227-4448

info@kindoasisintegrativehealth.com

Curious if PT or OT could help?
Scan the QR code or
ask us a question.



FOOD CO-OP

Walking Group

GET FIT &
CONNECT!

Saturdays, 9:00-10:00 am

Walk will begin and end at the Co-op

Enjoy the outdoors, meet new folks, and have fun!
It's easier to stick to healthy habits like a walking routine with friends to support you. We'll gather at the Co-op for a walk along the Rappahannock River Heritage Trail and Canal Path, as well as other areas close to the co-op neighborhood.

FOR MORE INFORMATION OR TO SIGN UP, CONTACT
Linda@fxbgfood.coop



320 Emancipation Hwy.
Fredericksburg, VA 22401

"More than a grocery store"

= RESILIENCE

Community
Development

Community
Connection
(Gathering)

Small
Business
Incubator

Food &
Kitchen
Education -
Literacy

Advocacy

Community
Value
Generator

Local
Economic
Development
Agency

Wellness
Hub

Democracy

SHARED VALUES



A COMMUNITY OF CARE

A COMMUNITY OF CARE

We cultivate a caring, interconnected community by sharing the stories behind our local producers, empowering knowledgeable staff and serving as a hub where people can gather resources and deepen their connection to the local food system.



LOCAL
We sustain our community by bringing people closer to regional foods and the great producers who make them, while encouraging sustainable, low-carbon ways of living.



DIVERSITY AND INCLUSIVITY
We foster a caring, interconnected community by sharing the stories behind our local producers, empowering knowledgeable staff and serving as a hub where people can gather resources and deepen their connection to the local food system.



COMMUNITY
We sustain our community by bringing people closer to regional foods and the great producers who make them, while encouraging sustainable, low-carbon ways of living.



DEMOCRATIC & COLLABORATIVE
We foster a caring, interconnected community by sharing the stories behind our local producers, empowering knowledgeable staff and serving as a hub where people can gather resources and deepen their connection to the local food system.



REAL, ORGANIC, HEALTHY
We sustain our community by bringing people closer to regional foods and the great producers who make them, while encouraging sustainable, low-carbon ways of living.



CORPORATE ALTERNATIVE
We foster a caring, interconnected community by sharing the stories behind our local producers, empowering knowledgeable staff and serving as a hub where people can gather resources and deepen their connection to the local food system.



COMMUNITY ECONOMIC ENGINE
We sustain our community by bringing people closer to regional foods and the great producers who make them, while encouraging sustainable, low-carbon ways of living.



WELCOMING
We foster a caring, interconnected community by sharing the stories behind our local producers, empowering knowledgeable staff and serving as a hub where people can gather resources and deepen their connection to the local food system.



NOSTALGIA
We sustain our community by bringing people closer to regional foods and the great producers who make them, while encouraging sustainable, low-carbon ways of living.



ENVIRONMENTALLY CONSCIOUS
We foster a caring, interconnected community by sharing the stories behind our local producers, empowering knowledgeable staff and serving as a hub where people can gather resources and deepen their connection to the local food system.



ACCESS - AFFORDABILITY
We sustain our community by bringing people closer to regional foods and the great producers who make them, while encouraging sustainable, low-carbon ways of living.



GREAT FOOD
We foster a caring, interconnected community by sharing the stories behind our local producers, empowering knowledgeable staff and serving as a hub where people can gather resources and deepen their connection to the local food system.



TERRY COUNTY
Food Co-Op
Bakery

REPUBLIC
BREWING
COMPANY

18
NORTH
KITCHEN
& BAR





• Group activities
• Time for reflection
• Group work
• Individual work

• Group can be
divided into five
groups. Paper
copies available in
the Group.



When narratives change,
systems change

We're not just competing on price – we're living
inside a story about what grocery shopping is.
And until we change that story, we'll keep getting
the same results.

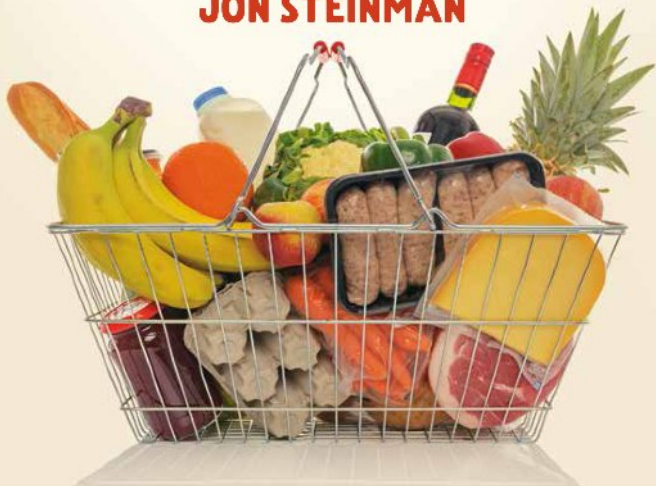
How will you tell your story?



A great read! Full of energy and eyes-wide-open hope.
FRANCES MOORE LAPPÉ, author, *Diet for a Small Planet*, and coauthor, *Daring Democracy*

GROCERY STORY

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



www.grocerystory.coop



GROCERY
STORY
PRESS