FOODshed CO OP FOOD for THOUGHT

become an owner!

Monthly eBlast for followers and supporters of the Food Shed Co-op - March 18, 2022

1374 OWNERS AND COUNTING!

become an owner!

Click **HERE** or on any *Become an Owner* button!

What's In Your Food? *by Peter Waldmann*

Just what is this I'm eating? This week we are featuring Toaster Pastries.

Kellogg's Pop Tarts - YUM! This sweet pastry is just loaded with sugars! The 2nd ingredient is **Corn Syrup** - a food syrup which is made from the starch of corn containing varying amounts of sugars (*e.g., glucose, maltose and oligosaccharide*). Its 3rd ingredient is **High Fructose Corn Syrup** which happens to be a sweetener made from cornstarch (of which some of whose glucose has been converted to fructose). The 4th ingredient - you guessed it - more sugar, **Dextrose.** Dextrose is a simple sugar that's chemically identical to glucose and derived from corn. It also contains soybean and palm oil with **TBHQ**, a synthetic antioxidant that is added to foods to prevent or delay oxidation. And it contains **RED 40**, a synthetic color additive made from petroleum 1! ***YUM INDEED!?!***

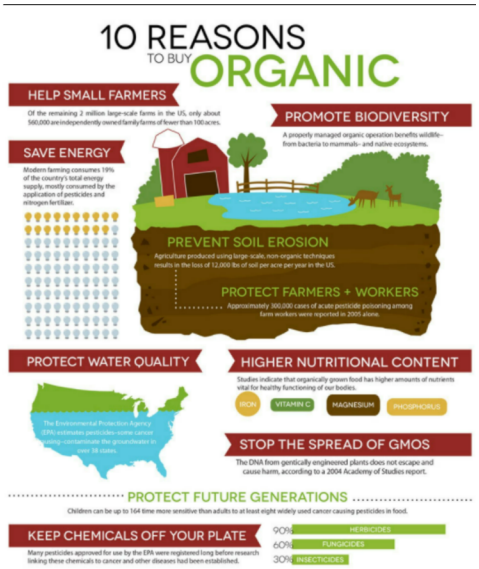
But you **DO** have options! There are cleaner, better versions of toaster pastries in the natural foods marketplace. We encourage you to try **Natures Path Toaster Pastries**, made with pure cane sugar and naturally colored with red beet powder and paprika - both healthy alternatives!

Interesting, isn't it? Co-ops offer you the best in healthy foods and healthy supplements. To get the ENTIRE scoop on what the Food Shed Co-op can offer - join us by **BECOMING AN OWNER** now!

Brought to you by the Food Shed. **We will read the ingredient labels with you!**

Ten Reasons to Buy Organic Produce

Here at the Food Shed we are not *alarmists* - but instead, *realists*. We believe that no one wants to consume pesticides if given an affordable choice. The Food Shed Produce Department will be a customer destination. We are committed to selling only the best quality sustainable local and organic produce available in the marketplace. "*Always fresh - from local sustainable farms to your co-op market.*"



EVENTS

Earth Day Celebration - Website

April 23, 2022
Saturday, 12:00pm to 4:00pm
Prairieview Education Center
2112 Behan Road
Crystal Lake, IL, 60014

Planet Palooza - Website

Food Shed Plant Sale

May 15, 2022
Sunday, 10:00am to 2:00pm
Location to be announced

2022 Farm Stroll - Website

September 25, 2022
Sunday, 10:00am to 4:00pm
Various Locations

May 22, 2022
Sunday, 10:00am to 6:00pm
Woodstock Square
Woodstock, IL 60098

Notice:

The *Food for Thought* newsletter will be published once per month. Look for it on the 3rd Friday of each month...

Help us spread the word about our community owned grocery store by sharing our posts with your followers on social media. And why not BECOME AN OWNER now?

become an owner!

Mission

Our mission is to build a LOCAL *food* COOPERATIVE *promoting a* HEALTHY, ETHICAL *and* RESILIENT COMMUNITY.

Core Values

- *Promote and foster better food choices*
- *Cultivate and strengthen our local economy*
- *Inspire and empower community*
- *Champion environmentally responsible practices*

Cooperatively yours,
Food Shed Co-op Board

Food Shed Co-op · PO Box 1663, Woodstock, IL 60098 · 815.315.1541
info@foodshed.coop · http://www.foodshed.coop/