



Monthly eBlast for followers and supporters of the Food Shed Co-op - May 25, 2022

1411 OWNERS AND COUNTING!



Click [HERE](#) or on any *Become an Owner* button!

What's In Your Food? by Peter Waldmann

What Are Food Dyes?

Food dyes are chemical substances that were developed to enhance the appearance of food by giving it artificial color. People have added



colorings to food for centuries, but the first artificial food colorings were created in 1856 from coal tar. Nowadays, food dyes are made from petroleum.

Over the years, hundreds of artificial food dyes have been developed, but a majority of them have since been found to be toxic. There are only a handful of artificial dyes that are still used in food. Food manufacturers often prefer artificial food dyes over natural food colorings, such as beta carotene and beet extract, because they produce a more vibrant color. However, there is quite a bit of controversy regarding the safety of artificial food dyes. All of the artificial dyes that are currently used in food have gone through testing for toxicity in animal studies. Regulatory agencies, like the US Food and Drug Administration and the European Food Safety Authority, have concluded that the dyes do not pose significant health risks. Not everyone agrees with that conclusion. Interestingly, some food dyes are deemed safe in one country, but banned from human consumption in another, making it extremely confusing to assess their safety.



Here at the Food Shed we want to give you a choice. Try Unreal products, they taste great and have no artificial colorings! They are colored with Turmeric, Beet Juice, Spirulina Extract and Red Radish Juice. All of the products for sale at the Food Shed will be 100% guaranteed based on your satisfaction, with no questions asked.

Become an Owner Today!

Did you know....

The Food Shed Co-Op can't profit off of our owners? We will return our profits back through earned patronage dividends. Pretty cool! We are close to building your community store but we still need your help!

Please join our movement! [Own Your Grocery Store Here](#)



EVENTS

Farmers Market at the Dole

Sunday, June 05, 2022, at 10:00 AM

Dole Mansion in Crystal Lake, IL

The Food Shed Co-op is proud to be joining local farmers at the Farmers Market at the Dole! We will be manning a table at the market to find new owners and inform the public of our up-and-coming store.

2022 McHenry County Farm Stroll

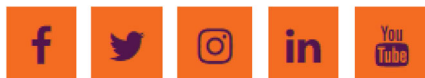
Sunday, September 25, 2022, at 10:00 AM

Various Locations

The Farm Stroll is organized by the McHenry County Farm Bureau and the University of Illinois Extension McHenry County Master Gardeners. Extension Master Gardener and 4-H volunteers will be onsite to assist farm families in accommodating guests and conducting demonstrations and tours.

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?



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



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