



Monthly eBlast for followers and supporters of the Food Shed Co-op - August 5, 2022

**1498 OWNERS AND COUNTING!**

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

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**Bulk Departments** by Peter Waldmann

Bulk Departments offer an environmentally friendly way to purchase products. Purchasing your food in bulk has excellent benefits for both you and the environment.

Buying in bulk reduces packaging waste. So, you are not paying for excess packaging, which means you get nothing but the product—pure and simple!

Buying in bulk reduces food waste. You can purchase exactly how much you need.



When we are open, we invite you to shop our expansive Bulk Category with over 100 gravity feed bin selections. Items include bulk grains, nuts, flours, oils, honey, nut butter grinders, and spices/teas.

The Food Shed Coop advocates for sustainable solutions and empowering a more circular economy.

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**[Become an Owner](#)**



We are getting ready to build your McHenry County community-owned grocery store. Buying and eating local foods is better for your health and community!

We need your support please click [HERE](#) to join our mission.

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## Events

### Farmers Market at the Dole

**Sunday, August 7, 2022 at 10:00 AM**

**Sunday, August 28, 2022 at 10:00 AM**

**Sunday, September 18, 2022 at 10:00 AM**

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

**Sunday, October 9, 2022 at 10:00 AM**

**Sunday, October 30, 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.

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### 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.

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## The Green Living Expo

Saturday, November 05, 2022

McHenry County College, 8900 US Hwy 14, Crystal Lake

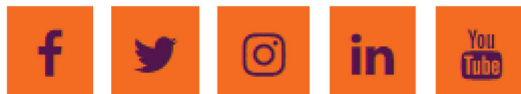
The Green Living Expo is in person this year! Click [Here](#) for more information or to register your green business

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### Notice:

The *Food for Thought* newsletter will be published twice per month. Look for it on the 2nd and 4th Friday of each month...

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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?

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### 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
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Cooperatively yours,  
Food Shed Co-op Board



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