



Bi-weekly eBlast for followers and supporters of the Food Shed Co-op - September 2, 2022

1513 OWNERS AND COUNTING!

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

What's for Dinner?

The answer to that question has a harsh reality for so many of our fellow community members. Having to make affordable nutritious grocery shopping choices. There are essential programs available to ease the costs of proper nourishment.



Feeding America is a nationwide network of 200 food banks and 60,000 food pantries that provide food and services to people facing hunger. They partner with local food programs to bring food to people facing hunger. Follow this link to learn more about food pantries in your neighborhood [Feeding America](#).

Supplemental Nutrition Assistance Program (SNAP) is a federal program that helps low-income people put food on the table. More than 36 million people receive SNAP benefits, 44% of all SNAP recipients are children, and 23% are elderly or disabled. Follow this link to learn more about applying for [SNAP Benefits](#).



To increase awareness of local food insecurity and work to fight hunger Feeding America is urging community members to participate in the SNAP Challenge to gain a better understanding of the program.

WHAT IS THE SNAP CHALLENGE?

From September 20th -24th, during Hunger Action Month, food banks across the nation invite community members to participate in the SNAP Hunger Challenge and live on a food budget of \$5.23 daily.

HOW DOES THE SNAP CHALLENGE WORK?

Participants in the SNAP Challenge will better understand the program by being asked to make healthy and nutritious grocery shopping choices on the average SNAP benefit. This challenge is open to all individuals and involves living on the

weekly food stamps allowance for an entire week, so you can get a sense of what it would be like to subsist on food stamps.

TAKE THE SNAP CHALLENGE!

Spend no more than \$5.23 per day, including beverages.

1. Only buy and eat/drink items are allowed to be purchased with food stamp benefits.
2. Do not use food already on hand unless you deduct the value from your daily amount.
3. Try to include fresh produce and healthy protein each day.
4. No outside food or dining out is permitted since you cannot use food stamp benefits on hot meals.
5. Keep a log of what was bought and eaten for each meal and grocery receipts.
6. Keep a daily journal of the experience. Did you feel deprived or restricted? Did you eat differently than usual? Were you hungry?

If you decide to take the challenge and want to share, we would love to hear about your experiences; please email us at info@foodshed.coop.

Economic Access Program.



The Food Shed Co-op is committed to bringing affordable and accessible healthy food options to McHenry County. We believe that business is the most powerful entity in society. Our inherent responsibility is to use that force for society's greater good.

We will offer Economic Access Programs. These types of programs are intended to support community members in need of economic

assistance.

Our goal is that everyone who would like to participate in the co-op as a member-owner or a shopper has the financial ability.

The Food Shed Co-op will be implementing various components of Economic Access Programs.

- 10% needs-based shopping discount.
- Recipe cards featuring affordable healthy meals.
- Basic low priced item selections.
- Funded Food Shed Co-Op Ownership.

Please help us fight hunger in our county. Click on any of the "become an owner" links to join our mission.

[Become an Owner](#)



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

Events

Farmers Market at the Dole

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.

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.

The Green Living Expo

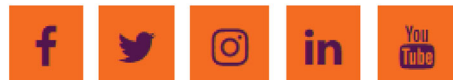
Saturday, November 05, 2022

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

Notice:

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