

For followers and supporters of the Food Shed Co-op - October 7, 2022

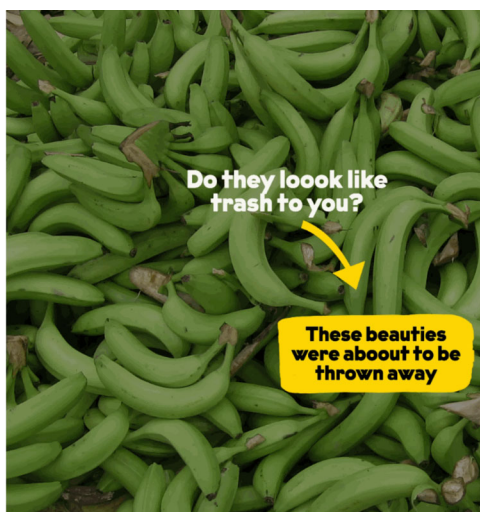
1531 OWNERS AND COUNTING!

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

Upcycle Foods

Upcycling is taking something potentially discarded and creating something new. This is a great way to make our food systems more efficient and sustainable.

Up to 40% of all food ends up in the trash in the United States, whether at the farm, during transport, at the grocery store, or home. One of many solutions to the food waste problem is upcycled food.



The less food that is wasted, the smaller the carbon footprint for that product. Food production takes an incredible number of resources to produce, from water to fertilizer to storage and transportation. But the environmental cost does not stop there. Food waste typically ends up in landfills, producing greenhouse gases. Next time you are in a grocery store, look for Barnana products, made with upcycled bananas.

[Become an Owner](#)



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

Events

Farmers Market at the Dole

Sunday, October 9, 2022 at 10:00 AM

Sunday, October 30, 2022 at 10:00 AM

Dole Mansion in Crystal Lake, IL

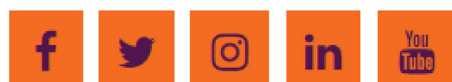
The Food Shed Co-op is proud to be joining local farmers at the Farmers Market at the Dole! We will be staffing a table at the market to find new owners and inform the public of our up-and-coming store.

The Green Living Expo

Saturday, November 05, 2022 from 10:00am to 3:00pm

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



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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