

↓ Scroll for this week's soups 🍲, can't-miss events, Women's Work, Earth Day class, kids' class and more—don't forget our baked chicken! 🍗



FRESH DEALS

April 8th - 14th | OPEN TO EVERYONE

<p>Porta</p> <h2>Pepperoni & Margherita Pizza</h2> <p style="text-align: right;">Staff Pick</p> <p>\$12.99 15 oz Delicious hand stretched pizza</p> <p>Save \$1.00</p> <hr/> <p>Food Shed</p> <h2>The Godfather Spinach Wrap</h2> <p>Ham, salami, spinach, artichoke dip and cabbage slaw</p> <p>\$8.49 Each 15% OFF</p> <p>Save \$1.50</p> <p style="text-align: right;">High Protein HOUSE MADE Staff Pick</p> <hr/> <h2>Clementines</h2> <p style="text-align: center;">Organic</p> <p>\$3.99 2 lb. bag </p> <p>Save \$1.50</p>	<p>Mooala</p> <h2>Banana Milk</h2> <p>refreshing banana drink Dairy Free</p> <p>\$4.79 48 oz. Organic</p> <p>Save \$1.00</p> <p style="text-align: right;"></p> <hr/> <p>Driscoll</p> <h2>Strawberries</h2> <p style="text-align: right;">Organic</p> <p>\$3.99 Pint 33% Off</p> <p>Save \$2.00</p> <p style="text-align: right;"></p> <hr/> <p>Driscoll</p> <h2>Raspberries</h2> <p style="text-align: right;">Organic</p> <p>\$3.99 Pint 20% Off</p> <p>Save \$1.00</p> <p style="text-align: right;"></p>
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🌿 **FRESH DEALS ARE HERE** 🛒🔥 Big savings on everyday favorites—organic berries, fresh wraps, pizza night essentials, and more. Whether you're stocking up or grabbing something quick, this week's deals are too good to pass up.



Owners Basket

April 8th - 14th | OWNERS ONLY SPECIALS

Russet Potatos

Organic

37% OFF

\$2/5 3 lb. bag
Save \$1.49



Cafe Creamers

Ripple
Nice Dairy Alternative Creamer

\$5.89 25 oz.
Save \$1.00

Dairy Free

Grumpy Goat Cheese

Nordic Creamery
Award-winning, bold, creamy, cellar-aged

\$7.49 8 oz.
Save \$1.50



Romaine Hearts

Organic

\$3.99 3 pk
Save \$0.50



Honey Ginger Dressings

Nals Kitchen
3 delicious dressings from a woman owned company

\$7.49 8 oz.
Save \$1.50

Gluten Free

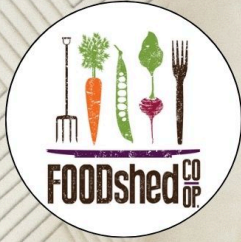
Dairy Free

NUT FREE



🛒 **OWNERS—THIS ONE'S FOR YOU** ✨ Exclusive savings on organic staples, creamy goat cheese, fresh greens, and pantry favorites you'll love. Your ownership pays off quick at the Food Shed—stock up and save all week long!

Not an Owner? Change that [HERE!](#)



DAILY SOUP MENU

Week of April, 8th - 14th
Available 11 AM - 8 PM

WED	Italian Wedding New England Clam Chowder Smoky Vegan	V VG DF GF H
THU	Italian Wedding New England Clam Chowder Smoky Vegan	V VG DF GF H
FRI	Lentil Soup Roasted Vegetable Smoky Vegan	V VG DF V VG DF GF V VG DF GF H
SAT	Lentil Soup Roasted Vegetable Smoky Vegan	V VG DF V VG DF GF V VG DF GF H
SUN	Cheddar Broccoli Beef & Bean Chili Smoky Vegan	V GF DF GF H V VG DF GF H
MON	Cheddar Broccoli Beef & Bean Chili Smoky Vegan	V GF DF GF H V VG DF GF H
TUE	Pasta Fagioli Chicken & Noodle Smoky Vegan	DF V VG DF GF H

12 oz \$5.49 16 oz \$6.99



🍲 **Warm up your week with our rotating lineup of house-made soups, crafted fresh daily from 11 AM to 8 PM.** From comforting classics like Italian Wedding and Chicken & Noodle to hearty options like Lentil, Roasted Vegetable, and Beef & Bean Chili, there's something for every craving. And our signature Smoky Vegan is always on—packed with bold flavor and plant-based goodness. Stop in and find your favorite.

What's a "Smoky Vegan"? Our signature vegan soup—made in-house with rotating vegetables, plant-based proteins, and legumes, finished with a rich, flavor. Or, it could also be a firefighter who follows a plant-based diet. 🚒🌿 Grab a bowl and warm up! 🥄

Check out the latest!

coop deals®

HERE



Read the full report

2026 EWG Report!

The Dirty Dozen

we've got you covered

Every year, the **Environmental Working Group's (EWG)** Shopper's Guide highlights pesticide residues on produce—reminding us that even fresh fruits and vegetables can carry hidden exposure risks.

At the **Food Shed**, we've made that choice easier. With the largest organic selection in our area, you can shop confidently and reduce exposure without overthinking every item on the list.

Eating clean, healthy food is baked into our mission, including our core value to ***promote better food choices***—so you can focus on eating well and worrying less.

Worth noting:

Private equity firms are increasingly acquiring organic brands. At the same time, the number of nationally available organic meat brands is shrinking—making independent brands more important than ever. These smaller, mission-driven companies help keep community-scale organic farmers in business.

Want to dig deeper into *who owns organic* today? Explore the work of **The Cornucopia Institute**, which tracks and reports on the evolving organic landscape. <https://www.cornucopia.org/>

Inspire and empower community

FREE Film Screening

WOMEN'S WORK

The Untold Story of America's Female Farmers

**THURSDAY
APRIL 9
@ MCC**

5:45 pm - Doors Open
6pm - Film Starts

Panel with local women FarmHers to follow
FREE Popcorn & Refreshments

Women's Work - A Free Film Screening April 9th

“Women’s Work” highlights women’s often overlooked contributions to agriculture, sharing stories and interviews that reveal their vital role in shaping America’s farming past and present.

[Learn More](#)

Friday Best Management Practices Talks & Tours

THE FOOD SYSTEM WE BUILT - AND THE ONE WE NEED

a talk by Scott Brix
co-founder of the Food Shed Co-op

Meet local regenerative farmers. Rethink your food system.

Featuring

Hosted by

- Environmental Defenders of McHenry County
- McHenry County Planning & Development
- Food Shed Co-op

Best Management Practices - Talks & Tours, April 17th

Food Shed Co-op Board President and co-founder Scott Brix explores how today’s global food system impacts our environment—from soil health to climate—and how local, regenerative solutions can help build a more resilient, sustainable future.

[RSVP for Free](#)

Friday Best Management Practices Talks and Tours*

Calling All Kids! Saturday, April 18

Trash to Treasure Kids Invent-A-Con

Join Professor Henry for
Inventors Workshop

and see what amazing
creations kids can make
using reusable material!

Date: Saturday, April 18, 2026
Time: 11 AM - 2 PM
Where: Food Shed Co-opd Shed Co-op



[Learn More](#)



Learn—hands-on skills for **Earth Month** at the Co-op.

Date: Earth Day, April 22nd

Time: 5 - 7 PM

Place: Food Shed Co-op

Co-sponsored with the **Environmental Defenders of McHenry County**

Earth Day Event

The average American throws away about **80 pounds of textiles every year**, adding up to over **11 million tons nationwide**—with nearly **85% ending up in landfills or incinerated**. A core value of the Food Shed is to **champion environmentally responsible practices** and one way we can do this is to extend the life of what we already own. This Earth Month, join us to mend, reuse, and keep more out of the waste stream. 🌱 🧵

[Learn More](#)

MORE EVENTS!



Mark your calendar for these upcoming events at the Co-op!

- April 9 - **Women's Work** - Free Film Screening
- April 17 - BMP Talk - **The Food System We Built And The One We Need**
- April 18 - Kids Invent-A-Con
- April 22 - Clothing Repair / Mending Class
- April 25 - Seed School at the Co-op
- May 2 - Kid Fest at the Barrington park district
- May 16 - Sixth Annual Plant Sale

There's something for everyone this spring—education, kid and family fun, and community connection. Click to get the details on our website.

[Event Details](#)

Clean - Flavorful - Chicken



YOU LOVE IT.

WE MAKE IT.



\$14.99 EACH

**Amish Raised.
Citrus-Herb Brined.
Roasted Right.**



**AMISH COUNTRY
POULTRY**

From Miller's Amish Farm in Indiana → to your kitchen → to you.

Clean. Flavorful. Ready by 2 PM daily.

Limited batches - grab yours

Juicy, tender, and full of flavor—our roasted chickens start with air-chilled birds from **Miller's Amish Farm in Indiana**, where animal welfare isn't a claim, it's a way of life. No added water. No shortcuts. Just clean, well-raised chicken, citrus-herb brined and roasted to perfection in-house.

Enjoy the Benefits of Ownership

Owners get more at the Co-op

For a one-time \$200 household investment, you become an owner—joining 2,700+ neighbors working to build a more resilient local food system in a world where food supply chains are increasingly centralized and complex.

Ownership isn't just about perks (though you'll enjoy weekly Owner's Basket deals, 10% off one full shop each month, and exclusive updates). It's about strengthening local farms, shortening supply chains, and keeping food dollars circulating right here in our community.

As an owner, you have a voice, a vote, and the opportunity to help shape a grocery store that reflects your values. Together, we're not just buying food—we're helping rebalance the food system toward something more resilient, sustainable, and rooted in community.



Click to Become
an Owner



Investment Options

Support Your Local Food Co-op

As sales continue to trend upward, we are seeking additional capital to stabilize operations and strengthen our financial foundation.

If you value having a locally owned grocery store in our community, this is a meaningful time to participate — through increased shopping or financial support.

Learn more about investing here:

[investment options](#)

Click to visit our website



Food Shed Co-op

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