

Go Green Save Green!

Co-op

- Lost food
 - Expired boxed foods and perishables
 - Boxed foods are almost always good, maybe a little stale
 - Perishables should be checked, but if the just expired are often still good
 - Produce
 - Vegetables can dry out, not be good for selling, but fine if cooked
 - Moldy, or soft spots can be cut of
 - fruits can often be cut up
 - bananas can be used in baked goods when extremely soft
 - smoothies
 - fruit sauce (apple, berry, pear), apple butter, pie filling
- Member discounts
 - Often members get discounts on everything without volunteering
 - Small fee to join
- Member sales
 - Special items, only members get discounts on

Local

- Farmers markets
 - Best way to get a variety of cheap, local food
 - Fresher than grocery
- Gardening
 - Cheapest
 - Can compost unedible and old foods
 - Super fresh
 - No need to drive to get food
 - No packaging
- CSA
 - Community support agriculture
 - Cuts out the middle man
 - One rate at the beginning of the seasons
 - Fresher
 - Always seasonal
 - Exposes you to new foods not available in stores
 - When they have too much, you get more than you pay for

Bulk

- Herbs
 - Always much cheaper than buying pre packaged
 - Refill old containers
 - More flavorful – herbs don't spend years on shelf
- Grains and Cereal
 - Almost always cheaper
 - Containers can be refilled
 - Less wasteful – can buy just what you need, nothing will sit in you cupboard after only being used once
 - Organic cereal isn't cheap – bulk is more affordable, especially when you strip it of all the packaging
 - Example : Organic Oatmeal – 1.39 for a pound bulk, 4.79 for 14oz box
 - Organic bulk flour – 1.45/lb Bagged organic Flour-2.25/lb
- Beans
 - Always cheaper
 - Healthier
 - can add things like rice vinegar and kombu to make it more digestible
 - less salt
 - no cans
 - Example: 4 servings bulk beans = .60 1 can (4 servings) =2.55
- Nuts, nut butters, syrup
 - Sometimes you can make your own nut butters!
 - Less chance of being contaminate with salmonella
 - You can purchase less- big containers are pricey
 - Just as much as you need
 - Reuse perfect good containers
 - Can make sure the oil isn't separated too much

Recipes

- Cookies cost \$6.00 for a batch of 50. .12 per cookie.
 - Lost cashew butter – blended to combine oil
- Grain Salad cost \$4.00 for 6 servings .66 cents per serving
 - Free basil, homegrown mint

Tips

- Go to the store with a list- have a plan, buy what you need
 - Keep your options open though, you can save money by buying a different grain or bean than called for in recipes.
- Ask about “lost” foods. Some places will give you foods they can no longer sell for free
- If you can't get free food, discounted food is good too.
 - My co-op has half off things that are starting to age

The Wedge

- Returns a portion of store earnings back to the members
- -\$37 was the average last refund last year

How to join

- join by purchasing 8 shares of stock
 - you can buy all 8 shares at once (\$80)
 - or by 2 shares every 3 months for a year (\$20)
 - All shares are refundable
 - Not an annual fee
- Lasts as long as you want it too
- Co-op repurchases shares when you are ready to leave

What you get:

- Coupons – up to \$45 annual savings
- Monthly specials for members only
- Percentage of store profit – the more you buy the more you get back
- Member prices on classes
- 10% case discount on ordered items

Spouse, parents, children, and other members of household may use members number.

You can also use your member number at other co-ops around the area and the money you spend will still go toward your refund.