

# Food for All

## at Your Local Food Co-op



## Making Healthy Food More Accessible for Everyone

**F**ood co-ops are based on a simple idea: using community ownership to make healthy, nutritious food more accessible to everyone. Your Neighboring Food Co-ops are working together to develop and promote some of the ways that they are helping to address the challenge of affordability, including:

1. Making the benefits of **member ownership** more accessible for people on limited incomes.
2. **Co-op Basics** programs offering healthy, easy to prepare foods at an affordable price.
3. Additional **discounts** for members on public assistance, helping them stretch their food dollar.
4. **Classes** to help you get the most value and nutrition for your family when you shop.
5. **Collaboration** with local community groups such as food pantries and anti-hunger organizations.

Please stop in at your local food co-op to find out more about the programs that they may offer, or visit [www.nfca.coop/healthyfoodaccess](http://www.nfca.coop/healthyfoodaccess).

# Your Local Food Co-ops... Making Healthy Food More Accessible for Everyone!

**H**ealthy food is expensive in New England — we pay some of the highest prices in the country. But people in our region should not have to choose between paying the rent and being able to buy delicious and nutritious food for their family.

So our food co-ops are working together to make healthy food and co-op membership accessible to everyone, no matter their income.

## What Makes Co-ops Different?

Co-ops work to meet the needs of their community — like providing healthy food at a good value — and are also owned by their community.

## Why Were Food Co-ops Started?

Communities started food co-ops in response to expensive, poor quality food. Today, they offer healthy, natural, and local foods as well as bulk products, discounts and monthly specials.

## Why are YOU important?

Your local co-op wants you to be able to afford good food and to have a voice in your community-owned grocery store through co-op membership.

Visit your local food co-op to find out about their healthy food programs, or check out our website:

[www.nfca.coop/healthyfoodaccess](http://www.nfca.coop/healthyfoodaccess).

## Join Your Local Food Co-ops!

**T**he **Neighboring Food Co-op Association (NFCA)** is a network of over 30 food co-ops and start-up initiatives in Connecticut, Massachusetts, New Hampshire, Rhode Island, and Vermont, locally owned by more than 90,000 people like you. For more information and a map of store locations across our region, please visit our website at [www.nfca.coop/members](http://www.nfca.coop/members).



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