

Eat Local Sudbury Co-operative
Member Information Package for 'Eaters'

WELCOME!

Thank you for your interest in becoming a member of Eat Local Sudbury. By doing so, you are showing a commitment to supporting a local, sustainable food system for the Sudbury area.

The Eat Local Sudbury Co-operative serves to increase the amount of locally-grown food products that are both purchased and produced within a 150 mile radius of Sudbury by providing a retail space where “eaters” can buy local food and to where local farmers/producers can sell their food products. We believe that we are providing a public service, which is why Eat Local Sudbury is non-profit in nature. Food products are bought directly from the farmer/producer and sold in the co-op store by Eat Local Sudbury Staff and volunteers. Profits made are re-invested into the co-op to pay for equipment, staff, and other overhead costs.

Both eaters and farmers/producers have the opportunity to become members of the co-op because we believe it is important for both groups to work together to create a sustainable food system. Eat Local Sudbury is governed by a Board of Directors that currently consists of farmers (>50%), eaters and a public health nutritionist.

The Eat Local Sudbury Co-operative Store is located at 28 Durham Street in downtown Sudbury. Our hours of operation are:

Saturday	9:00 - 4:00
Sunday	Closed
Monday	Closed
Tuesday	Closed
Wednesday	11:00 - 6:00
Thursday	11:00 - 6:00
Friday	11:00 - 6:00

Our office is located at the store:

28 Durham St
Sudbury, ON P3C 5E3
T: 705-521-6717
E: info@eatlocalsudbury.com
W: www.eatlocalsudbury.com

ABOUT YOUR MEMBERSHIP

Memberships can be purchased at the store during regular business hours and are good for 1 calendar year from date of purchase.

REGULAR MEMBERSHIPS

Regular memberships cost \$15 per individual and \$25 per family (2 adults living at the same address). Regular Members receive a 4% discount on all products other than fresh produce (because mark-up on produce is very low). Regular Membership benefits include:

- 4% discount on all products (except fresh produce during the summer)
- Weekly e-flyer and product list

- Voting rights at our Annual General Meeting
- Open invitation to Board of Director's meetings
- Opportunity to get involved on a project or committee

WORKING MEMBERSHIPS

For co-op members who would like to get more involved, we offer a working membership. Working memberships cost the same as regular memberships (\$15/individual or \$25/family) but working members commit to volunteering for a certain number of hours in the co-op assisting with stocking shelves, customer service, sales, etc. during store hours.

Discounts are given to Working Members depending on the number of hours worked in the previous month:

- 4-7 hrs/month = 6% discount
- 8-11 hrs/month = 8% discount
- 12-15 hrs/month = 10% discount
- 16+ hrs/month = 20% discount or wholesale price

*We are very much in need of help at the store, not only with sales related tasks, but with "fix-it" jobs, computer work, etc. However, because of the small size of the co-op store, we can only take a limited number of volunteers each day. Therefore, if you would like to help out and participate in a working membership, please contact info@eatlocalsudbury.com or 705-521-6717.

ABOUT EAT LOCAL SUDBURY

Eat Local Sudbury started in October 2006, when a group of concerned farmers, consumers and food professionals came together to discuss ways to promote a local, sustainable food system. We discussed several solutions:

1. Promote Community Shared Agriculture in Sudbury by:
 - Offering information sessions for farmers to promote the CSA concept
 - Producing a brochure on CSA to educate the public
 - Advertising existing CSA programs in Sudbury and area
2. Facilitate the purchase and consumption of locally-grown food in Sudbury by opening a co-op store where local farmers/producers can sell their products and where eaters can access a wide variety of local food products in one location.
3. Provide education to the public about a local, sustainable food system through presentations, publications and events.

Eat Local Sudbury was incorporated in November 2007 as Eat Local Sudbury Co-operative Inc. The Eat Local Sudbury Co-operative store opened for business in Market Square on June 28th, 2008.

MISSION

The mission of Eat Local Sudbury is as follows:

- **Environment:** Educate the public on the importance of local foods in reducing a city's carbon footprint, and creating a sustainable, robust, food system.
- **Health:** Facilitate the purchase of a wide variety of fresh, whole, locally-grown foods.
- **Community:** Build relationships between Sudburians and local farmers who are growing and producing food products in Northern Ontario.
- **Economy:** Keep food dollars within the community.

OBJECTIVES

Our objectives for 2008-2009 are to:

1. Support Northern Ontario's agriculture sector by giving farmers a location to sell their produce and by increasing the consumer market for locally grown foods through marketing and education.
2. Support the local economy by promoting and facilitating the purchase of locally grown/produced foods.
3. Educate the public on the benefits of a local, sustainable food system.
4. Decrease consumer dependence on foods transported long distances, which contributes to greenhouse gas emissions affecting global climate change.
5. Increase the consumption of whole foods, including fresh vegetables, which can lead to healthier eating habits and less reliance on heavily processed foods.

DECISION MAKING

Decisions regarding the operation of Eat Local Sudbury are influenced by members who are involved and interested in the co-op. We want to hear from you about how the co-op should be run. We will be holding an Annual General Meeting where major decisions and policies are decided upon – every member receives one vote. Between these meetings the volunteer Board of Directors has the authority to make operating and policy decisions.

If you are interested in a particular area or project, contact info@eatlocalsudbury.com to find out how you can get involved.

Members are welcome to attend Board of Directors' meetings, which happen each month. Please contact info@eatlocalsudbury.com if you would like to attend.

If you have a suggestion, idea or concern, we would love to hear from you! Stop by the store or email info@eatlocalsudbury.com and staff will pass your suggestion on to the Board of Directors.

THE PEOPLE OF EAT LOCAL SUDBURY

STAFF

Allison Muckle, Coordinator
info@eatlocalsudbury.com
705-521-6717

Lee-Anne Houle, Marketing and Communications Assistant
marketing@eatlocalsudbury.com
705-521-6717

Sue Beddard, Education and Outreach Assistant
education@eatlocalsudbury.com
705-521-6717

BOARD MEMBERS

Bridget King
Public Health Nutritionist, Sudbury & District Health Unit

Aaron Dent
Chair, Greater Sudbury Environment Network

Dave Lewington
Owner/Operator, Dalew Farms

Amy Hallman
Owner/Operator, Heart and Soil Gardens

Sébastien Pelletier
Coordinator project: Nous on mange local!, le Carrefour francophone de Sudbury

FINANCES

Eat Local Sudbury has been fortunate to receive funding from FedNor, Employment Ontario and the City of Greater Sudbury's EarthCare to cover start-up costs and staffing. This funding will end in spring 2009, at which point Eat Local Sudbury must be running as a sustainable business.

Other sources of income:

- Membership Fees: Eat Local Sudbury members pay a fee to join the co-operative. These fees are put towards the operating costs of the co-op.
- Sales: Eat Local Sudbury charges a markup fee on all products. Most products are marked up between 20-30%.

SEE YOU AT THE CO-OP!!