



# THE CAMBRIDGE FOOD CO-OP

Wholesome, affordable foods in a spirit of respect for each other and our world

## NEWSLETTER JUNE 2015

### NEW PRODUCTS

#### MEATS

- Uncured deli meat and sausages from The Piggery in Ithaca, NY. Farm raised, nitrate free—Capicola, Ham, Salami Cotto and Pig Dogs
- Murray's all natural chicken



#### PREPARED

- Vermont Fresh - Pestos: Sweet Basil, Arugula Cashew, and Roasted Almond Asiago
- Yves Veggie Breakfast patties – Vegan



#### SPICES & FLAVORINGS

- Lip Lickin' BBQ Sauce: Sweet & Smoky BBQ, Bold and Spicy BBQ
- Annie's Naturals Organic BBQ: Original, Sweet & Spicy
- [Arora Creations](#) Authentic Spice Blends: Organic Kidney Beans; Organic Asparagus, Organic Okra, Organic String Beans; Organic Cauliflower; Organic Shrimp Curry; Organic Tandoori Chicken



#### SNACKS

- Dutch Valley Foods: Bulk foods, mostly snacks like G.O.R.P., and Pretzel Nibs
- Kale Chips: Garden of Eatin', Non GMO certified
- Kale Krunch: Back in stock! Quite Cheezy and Southwest Ranch flavors
- Pascha Organic Dark Chocolate: Fair trade. Free from nuts, dairy, soy, eggs, wheat, & gluten
- Dark chocolate covered pineapple, cherry, cranberry, cashews, or pecans



## DRINKS

- Yogurt Smoothies: Argyle Cheese Farmer - Blueberry, Orange, Raspberry, Cucumber Mint
- [Katalyst Kombucha](#): Concord Grape, Ginger Devotion, Bliss Berry
- Stumptown Cold Brew Coffee and Coffee with Milk
- Honest T: "Just" Green Tea, Black Tea, & Lori's Lemon Tea
- Izze soda - It's Back! Sparkling Cherry Lime, Sparkling Blueberry, Sparkling Grapefruit
- [Temple Tumeric](#): Hibiscus Berry-Ade, Lemon Ginger-Ade, Strawberry Lemon-Ade



## SOAPS & SCENTS

- Soap Box - Aftershave Balm, Beard Oil, Dog Soap, Headache Balm, Bug Off Spray, Decadence Body Butter, Grapefruit Hand Cream
- Wash Green and Clean: Laundry Detergent: Citrus, Goat's milk with sweet orange, Lavender, Fragrance free; Stain spot remover; White bleach alternative
- Incense - Nag Champa Agarbatti



*and more!*

## NEWSLETTER SUBSCRIPTIONS

Want more information about the foods you're buying and if they contain the ingredients they claim to have? Or about the latest studies on their health benefits? We now have subscriptions to two newsletters that we encourage our members to access:

### **Consumer Labs Subscription and Tufts Health and Nutrition Letter:**

This site gives up to date information on supplements and health claims. Their labs test the actual product and tell you if the product contains what it says it does. Any of our members can sign on to this site to research products. They also have news and articles.

[www.consumerlab.com](http://www.consumerlab.com)

Username: [villcoop@gmail.com](mailto:villcoop@gmail.com)

Password: 1WCoop

### **Health & Nutrition Letter from Tufts University School of Nutrition Science & Policy**

Back issues are printed in a binder that will be sitting on the tables in the front of the Co-op. You can also access it online.

<http://www.nutritionletter.tufts.edu>

Username: [villcoop@gmail.com](mailto:villcoop@gmail.com)

Password: 1WCoop

## IN-STORE & PERSONNEL CHANGES

There has been an ongoing effort to improve the best practices of our working members. Most members have a sound understanding of their duties but there are always ways that we can improve and help avoid mistakes. In the last few months, small changes have been made to how the cash register runs to encourage double checking entries. New training information sheets are being created and will be posted around the store. Further, training is now being done directly by in store supervisors. Nikki is now doing the UNFI order which will free up more time for Cory to be on the floor helping out and getting a read on the store mood.

Other changes that working members will notice—we've transitioned to a new credit card machine and are using BPA-free paper. Also, we now have better fitting latex gloves for handling food.

We are excited to announce two new out-of-store positions that have been filled. The board has selected Michelle Nagai to be our new Board Clerk. She will be taking minutes at Advisory Board and General Membership meetings, and working with various officers to maintain records of the Co-op Board and Membership. Thank you to all the members who responded to our call for help.

We also have a new social media guru - Megan Harrington. With her help, we now have a regularly updated [Facebook](#) page! Like our page and check it out regularly for updates on new products, community events, and ongoing changes!



## BUSINESS UPDATE

Where are we now?

This is a snapshot of where we started and where we are now. In following newsletters we will give more in depth sales figures.

- We were incorporated in 1978. In 1979 we did \$51,233 in sales.
- In 2009, we moved from Hubbard Hall to 1 West Main Street.
- In 2014, we purchased our building and did \$623,000 in sales.
- Now, in 2015, we have 110 working members and 190 supporting members. We have 111 total suppliers, 65 of which are local (within 50 miles).

## BUILDING RENOVATIONS

In March the ceiling tiles were replaced and a layer of insulation was added above them. We uncovered a doorway between the two offices and installed sliding doors so that it can be opened up into one office. We also replaced about half of the windows. In May, the walls were painted as well. The last step is installing the carpet and then we will be ready to rent!

Thank you to all the volunteers who came out for our work weekends and did ongoing work to help us renovate the offices.

The back lot on Railroad Ave (lot 23.1 on the tax map) is being put up for sale. We will be entering into negotiations with Cambridge Industrial Corporation about potentially purchasing it. It's a third of an acre and is where many of our customers park.



LEAH, DONNA &  
CHARLENE



CORY



## OFFICE SPACE FOR RENT

Two offices are now being refurbished with all new windows, carpeting and fresh paint. High-speed, fiber optic internet hookup is available.

Front Office Upstairs: Approx. 225 sq. ft., front windows look out on Main St. and village green. Rent \$375./month. HEAT AND ELECTRIC INCLUDED!



Side Office Upstairs: Approx. 250 sq. ft., 2 large west-facing windows. Rent \$325./month, HEAT AND ELECTRIC INCLUDED!

The two offices may be opened into one large office space of just under 500 sq. ft. for a rent of \$650./month, INCLUDES HEAT AND ELECTRIC!

If interested, please call Peg Winship: 677-2713



Have you liked us on [Facebook](#)?

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