

## Member Owners and the Co-Operative Spirit!

The Cambridge Food Co-op opened in 1976 as a **member-owned and run** business. The Co-op is dedicated to serving its mission: to provide member-owners and the community with wholesome, affordable foods in a spirit of respect for each other and our world. In essence, the Co-op strives to support local and regional agriculture, small businesses, and other co-operatively-owned and run businesses, and provide those goods to you.

Everyone is welcome at the Co-op; *you do not need to be a member to shop.* However, we rely on our Working Members to operate the store each day, determine the regulations and rules, elect members of the advisory board and, in general work toward the goals and principles expressed in our by-laws.

**This is your store! As a member-owner your actions, initiative, work ethic, and commitment to better the community, will help ensure the success of the business.** Thank you for choosing to be a part of the Co-Op.

## How to Join

Our Membership is open to all regardless of ability to pay. To join the Co-op, stop by the store, fill out an application (or find it online), and make your annual membership payment. Payments may be waived for those experiencing financial hardship. *Supporting Members are eligible for their discount immediately. Working Members need to complete training and a shadow shift before they are eligible for the working discount.*

Cambridge Food Co-op

1 West Main Street  
Cambridge, NY  
(518) 677-5731

villcoop@gmail.com

www.cambridgefoodcoop.com

### Hours

Monday 8-6

Tuesday 8-6

Wednesday 8-6

Thursday 8-8

Friday 8-6

Saturday 10-6

Sunday 10-2:30



## Cambridge Food Co-op Membership Options

Two Membership  
Options;  
One Great Co-op

Join today!

We are your  
community-owned  
grocery store

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# Membership Options

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Whether you support the Co-op simply by shopping at the store or by becoming a Working or Supporting Member, know that you are helping keep a small business in our community!

There are several types of membership from which to choose. A membership applies to the entire household.



## **SUPPORTING MEMBERSHIP**

(Non-working)

- Annual membership dues of \$40 (1 year) or \$76 (2 year) or \$108 (3 year) non-refundable
- Register discount of 2%
- Pre-order discount: cost + 35%
- No work requirement



## **WORKING MEMBERSHIP**

(Single, Double or Super worker)

- Annual membership dues of \$40 (1 year) or \$76 (2 year) or \$108 (3 year) non-refundable
- Register discount for Single & Double = 12%, Super = 20%
- Pre-order discount, Single = cost +20%  
Double & Super = cost +10%
- **Single** Worker requires one 3 and  $\frac{3}{4}$  hour shift per month
- **Double** Worker requires two 3 and  $\frac{3}{4}$  hour shifts per month
- **Super** Worker requires four 3 and  $\frac{3}{4}$  hour shifts per month as well as a one month “getting acquainted period” to establish the commitment needed to be a Super worker.

Register and Preorder discounts are dependent on the member’s working or supporting level status.

## Orientation for New Working Member-Owners

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New Working Members begin with an orientation/training shift to introduce themselves to Co-op operations. Shortly thereafter, the member then “shadows” another member for a shift, before becoming an official Working Member.

## Shift Hours

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Monday – Friday shifts available:

- 9:30 am to 11:45 am
- 9:45 am to 1:30 pm
- 1:30 pm to 5:15 pm
- 2:15 pm to 6:00 pm

Additional Thursday shifts:

- 10:30 am to 2:15 pm
- 4:15 pm to 8:00 pm

Saturday shifts available:

- 9:45 am to 1:30 pm
- 1:30 pm to 5:15 pm
- 2:15 pm to 6:00 pm

Sunday shifts available:

- 10:45 am to 2:30 pm

Be Involved:  
Members Matter

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All of our members contribute however becoming a Working Member of the Co-op requires a strong level of commitment to the store, as well as attention to detail, focus and self-determination. All members are encouraged to join our various committees such as our Membership, Outreach, or Building Committees. We also ask that members attend the Annual & Semi-Annual Membership meetings and any special meetings that may be called if they are available. The advisory board also wishes members to attend and participate in its monthly meetings. Meeting notices are posted on the blue bulletin board at the back of the store, and emailed to members.

