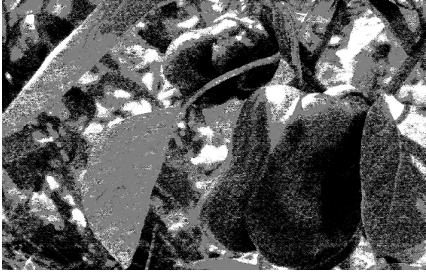


## WHAT PRODUCTS WILL BE AVAILABLE?

Many delicious and nutritious products are available through the co-op.



You will enjoy in season fresh, bountiful and wholesome lettuces, vine-ripe heritage tomatoes, beets, potatoes, carrots, peas, beans, cucumbers, peppers, squash, corn, berries and delectable herbs!

Lamb, grass-fed beef, honey, granola, bison, pork, locally roasted fair trade coffee, and wild-crafted herbal teas are also available! All products are grown or produced by our producer members in the Ottawa Valley.



The Co-operative began operations in March 2008, and we invite new producer and consumer members to join!

If you are interested in becoming one of our producer or consumer members, please sign-up on-line at:  
[www.ottawavalleyfood.org](http://www.ottawavalleyfood.org)

Please e-mail us with any questions to [info@ottawavalleyfood.org](mailto:info@ottawavalleyfood.org)

# Ottawa Valley Food Co-operative



To become a producer or consumer member of the Ottawa Valley Food Co-operative, please sign-up on-line at [www.ottawavalleyfood.org](http://www.ottawavalleyfood.org)



*For more information please contact us.*

**Ottawa Valley Food Co-operative**  
**PO Box 617 Eganville ON K0J 1T0**

[www.ottawavalleyfood.org](http://www.ottawavalleyfood.org)  
[info@ottawavalleyfood.org](mailto:info@ottawavalleyfood.org)

The Ottawa Valley Food Co-operative is a marketing network of Ottawa Valley farmers, growers, producers and consumers.



*The Co-operative's activities are governed by the core values of healthy rural communities, environmental stewardship, social justice and vibrant local economies.*

## WHAT IS A FOOD CO-OP AND WHY WOULD I WANT TO JOIN?

By definition, a co-op is owned by its members. As a member of our food co-op, you will be participating in the creation of a local food system in the Ottawa Valley.

**As a consumer,** you will know exactly who produced the food, where it was grown or raised, and what production practices the farmer uses. You will also have the ability to order from a specific producer. The food has a story, and as a consumer of locally raised foods, you are part of that story.

**As a farmer, grower or producer,** you will be connected with consumers who value quality products, healthy local economies, and a fair income for your work.



## HOW WILL THE FOOD CO-OP WORK?

Each month, our producer members post what they have available on our Website. Members have one week in which to place orders.

Then one day a month, member farmers and producers bring the orders to the Pembroke depot, where the co-op's volunteers sort everything into customer orders. The orders then go out to several pick-up sites across the Ottawa Valley.

Membership costs \$50 for consumers and \$100 for producers - for a lifetime membership in the co-op.

The co-op charges producers 10% for selling through the co-op, and consumers pay 5% for buying through the co-op. This money is used to pay for operating expenses such as mileage, ice, postage etc. The membership fee revenue pays for capital expenditures such as ice chests, computer software, etc.



## BUYING LOCAL FOODS AND PRODUCTS IS...

**Good for Consumers!** Local food is fresher, better tasting and more nutritious than food that has travelled long distances. As a consumer, you know where the food is coming from and how it was produced. By spending as much of our grocery dollar as possible on locally grown, sustainably produced foods, we create more local prosperity, food security and a higher quality of life.

### **Good for Our Farmers and**

**Producers!** Farmers and producers are fairly compensated for their products, thereby supporting the needs of the family farming business. Rather than shipping commodities elsewhere, farmers have new opportunities to sell quality food to a local

market. Co-op consumers eagerly support sustainable farm practices, and using a central distribution depot lessens transportation costs.

**Good for Our Community!** Money stays in the community, supporting the local economy and creating new employment and business opportunities. The co-op builds direct relationships among consumers, producers and neighbours. It also promotes an understanding of how our food choices affect the quality of life for everyone. Buying local supports a system of regional food self-reliance!

**Good for Our Planet!** Purchasing local foods and products supports sustainable and humane farming and food production practices. It reduces transportation, packaging and storage needs, thus resulting in lessened fossil fuel consumption, pollution and greenhouse gas emissions. Buying local foods protects, replenishes and improves the quality of our valley farms.



*All items sold through the co-operative are grown or produced here in the Ottawa Valley and provide mutual benefits to both producers and consumers.*

