

# Easy to join.

Simply let a cashier know you would like to become a member-owner!

Signing up takes mere minutes at the till. Membership is only \$50, which you can pay in 10 monthly installments of \$5 dollars. Membership benefits will be active as soon as you purchase your first share.

## Financial Benefits

- Member-only specials
- Case-lot Sales in April and October
- Annual Patronage Return (as recommended by the Board of Directors)
- Wellness Week Member Pricing
- 10% Discounts on case purchasing
- Purchases over \$300 receive a gift card valued at 10% of total purchase
- Discounts on cooking classes, wellness classes and events

## Want to know more about the Co-op?

- ▶ Our Customer Service staff is happy to answer your questions.
- ▶ Check out our website, it's like a heavily-laden apple tree of information!

[www.kootenay.coop](http://www.kootenay.coop)

While you're there, sign up for **Co-op Enews** and be the first to find out about great specials and local offerings (as well as receive *On the Table* electronically).

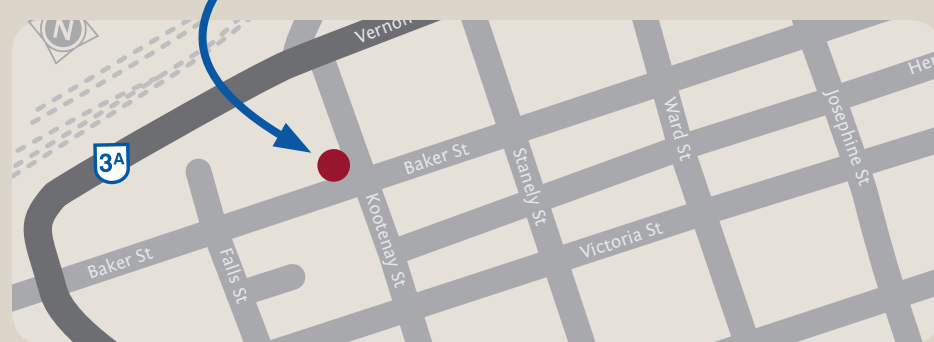
- ▶  Follow us on Facebook.

The Co-op is a values-based organization that exists to serve its members and its community by fulfilling our mission to:

## Promote community involvement by cultivating a cooperative, sustainable, organic way of life.

We accomplish this by:

- Providing highest quality, affordable natural foods and products, and wherever possible organic, in a pleasant, comfortable environment;
- Serving members effectively;
- Encouraging a healthy local economy;
- Community and member education;
- Maintaining the financial health of the Cooperative;
- Promoting community interchange of ideas;
- Providing a workplace that reflects these values.



### Kootenay Country Store Co-op

295 Baker Street phone: 250-354-4077  
Nelson, BC V1L 4H4 fax: 250-354-4097  
email: [customerservice@kootenay.coop](mailto:customerservice@kootenay.coop)  
online: [www.kootenay.coop](http://www.kootenay.coop)



## Membership



## Kootenay Co-op Membership





## Eat great food

You are what you eat! Your diet provides the foundation for health and is a determining factor in your future wellbeing and how you age. At the Co-op, it's easy for you to choose real food that's fresh, delicious, healthy, and of the highest quality that our customers have come to expect. It means we offer a lot that is organic and local, with a huge selection of bulk and minimally-processed foods. We read the labels carefully, we do not carry products with questionable ingredients and we offer a wide selection of alternatives to wheat, dairy, sugar, and other common allergens.



## Participate as an owner

All Co-op members are empowered to be an integral part of our operations. As a member-owner, you get a voice and a vote in our cooperative business. You elect the Board of Directors and vote on resolutions at our Annual General Meeting. You can provide feedback on how the Co-op is doing any day of the week—and actually have the feedback make a difference! Hundreds of products and dozens of community projects are the result of member suggestions. Keep 'em coming! The Co-op also has a provision for members to receive a Patronage Return when recommended by the Board. We truly do exist to serve our members and community, not a distant corporate office.



## Learn about food

Education and training are an important part of a thriving community. The more you know about food, diet and the planet, the more you can make informed choices for yourself and family. To that end, we fill our newsletter, *On The Table*, with helpful info about products, suppliers and activities. We host and sponsor fantastic cooking and wellness classes as well as knowledgeable speakers and workshops. We provide hundreds of recipes, pamphlets on special diets, ingredient alternatives, food preserving and more. We also love partnering with other organizations to raise awareness about food and environmental issues. Our staff are knowledgeable, caring and happy to provide you with product and nutritional information.



# Why become a member?



## Save money

Our member benefits include multiple opportunities to save money every time you shop: Member-only Specials, Caselot Sales, Case Pricing, Wellness Week discounts, class and event admission discounts and purchases over \$300 receive a gift card valued at 10% of the total purchase. Because membership also means ownership, you will actually make money as you shop! How? The Co-op has a provision for an annual Patronage Return to members based on how much you spend. And of course, you'll also save money by nurturing you body with healthy foods and supplements that support long-term health.



## Invest in your community

The Co-op is a values-based organization that exists to serve our members and community. This means we do things like buy from local farmers and suppliers whenever possible, give thousands of dollars in grants, scholarships and food donations to community groups, return a percentage of our profit directly to our member-owners, sponsor social and environmental projects, advocate for positive changes in our community and industry, shop locally, pay our employees a living wage... and that's just a start! Every single dollar you spend at the Co-op ensures a greater return to the local economy and is an investment in the well-being of your community.



## Support your health

Rest assured – when you shop at the Co-op, you are supporting your health and doing right by the planet at the same time. The extensive range of fair-trade, organic and earth-friendly products, the high-quality vitamins, supplements and body care products with safe ingredients, all comprise a one-stop-shopping experience that supports your health and wellbeing. The Co-op's customer services, information pamphlets and recipes, all from a cooperatively-owned business that supports local businesses and sustainable farming practices, presents an unsurpassed health resource for you, your family and the whole community. Hippocrates said it a long time ago – "Let food be your medicine and medicine be your food".