



**Co-op Hours**  
Monday -  
Friday; 9am to  
7pm  
Saturday; 9am  
to 6pm and  
Sunday; 10am  
to 4pm

## Buffalo Bullsheet Fall 2009

P.O. Box 336, Hardwick, VT 05843  
Fax: 802-472-5946

Phone: 802-472-6020  
E-Mail: [Buffalo1@vtlink.net](mailto:Buffalo1@vtlink.net)

[www.Buffalomountaincoop.org](http://www.Buffalomountaincoop.org)

### **The New Neighboring Food Cooperative Association And How it Helps!**

On our behalf, Annie and Barry helped found a new collaborative effort between regional co-ops. The new Neighboring Food Coop Association (NFCA) works to make it possible for us to meet our needs in a more comprehensive, economical, and sustainable way. Here is a description of what this new group is up to.

#### **More Local Food**

With the *Cave to Co-op* regional cheese program, NFCA has launched its *Import Substitution* initiative. You may find a representative in your co-op offering samples of an artisan cheese from the area. A different cheese each month is available at a 20% discount through this program. The overall initiative, led by Putney Food Co-op general manager Robyn O'Brien, is designed to bring more local food to NFCA member food co-ops. (Watch for the *Cheese of the Month* sign on the cheese cooler door!)

But the value does not end there, because NFCA's approach focuses on the structure of the regional food system itself.

By sharing information with each other, member food co-ops will learn about local growers, purchasing patterns, and gaps in available local items. NFCA will be positioned to improve the resilience of the regional food system by:

- Proactively contracting with growers to fill gaps in what's grown locally and to support farm sustainability
- Collaborating with distributors to match supply and demand for local food
- Supporting infrastructure development for a sustainable food system (cont.)

### **Fostering a Resilient Regional Food System** (from previous page)

NFCA is collaborating with leading edge researchers, such as the Northeast Regional Lead Team of the National Good Food Network, to understand what it takes to feed most people, near where they live, most of the time. NFCA engages in on-the-ground regional supply chain initiatives as well as university research. As NFCA learns what works and how to do it, that knowledge will get passed directly on to your co-op through more local food at lower—yet fair-to-the-farmer—prices.

Member-owners of participating NFCA food co-ops who are passionate about the cooperative principles would appreciate knowing that NFCA is taking bold steps toward cooperation among cooperatives:

- NFCA is building bridges across cooperative sectors—including agricultural producer co-ops and credit unions. Together, NFCA and these cooperative enterprises will explore common needs and potential efficiencies in service of the cooperative difference.
- NFCA brings together the community of regional food co-op board leaders to address common goals and challenges. The result is effective co-op strategy, at the individual co-op and regional co-op level.
- NFCA serves as an ambassador for the cooperative model with producers, processors, distributors, and retailers dedicated to a healthy food system.

### **Support for Grassroots Sustainability Efforts**

In 2008, NFCA conducted Scenario Planning research on regional sustainability. We found a book—*The Transition Handbook* by Rob Hopkins—that supports the kind of resilience communities will need in the face of climate change and peak oil. The book's publisher, Vermont-based Chelsea Green, has made an arrangement with NFCA to provide the book at a very significant discount. This opportunity extends to all NFCA member food co-ops.

Several Transition Initiatives are under way in New England, including two started within the last year by NFCA member food co-ops—White River Junction and Hardwick, VT. Online Transition resources include:

- *Regional:* [www.transitionvermont.ning.com](http://www.transitionvermont.ning.com)
- *National:* [www.transitionus.org](http://www.transitionus.org)
- *International:* [www.transitionculture.org](http://www.transitionculture.org)

### **A Way for Your Co-op To Be More of Everything It Values**

The Neighboring Food Cooperative Association supports your co-op in deepening its ability to meet member-owners needs, whether those needs are for community or carrots, justice or bargains. All co-ops are related, but developing a genuine, active relationship—with clearly defined desired outcomes—may make the difference between sustainability and crisis. The world around us is changing in unpredictable ways, but cooperative values represent an ongoing resource for living a good life and sharing that bounty. By participating in the Neighboring Food Cooperative Association, your co-op will be a little bit more of everything that makes it special.

*By Eric DeLucia, NFCA Coordinator*

## ***Tails from the barnyard; or, How to fake out your palate and save the planet*** by Olive

My husband and I were making a long road trip which is the perfect time to get into some long drawn-out subject that doesn't get much attention under regular circumstances. We got talking about Transition Town ideas, and when he asked me to elaborate more, for some reason I chose Hawaii as my example. The scenario I described was theoretical, but it suited the purpose of our discussion. It went something like this. The inhabitants of Hawaii used to be self-sufficient up until about one hundred years ago, with all the fruit, fish and vegetables they could eat. Their needs were met by what nature provided, and like any other folks a hundred years ago, they weren't bombarded with advertising, credit cards, car salesmen, etc. Well, enter modern civilization, and all hell breaks loose. Markets for canned pineapple are



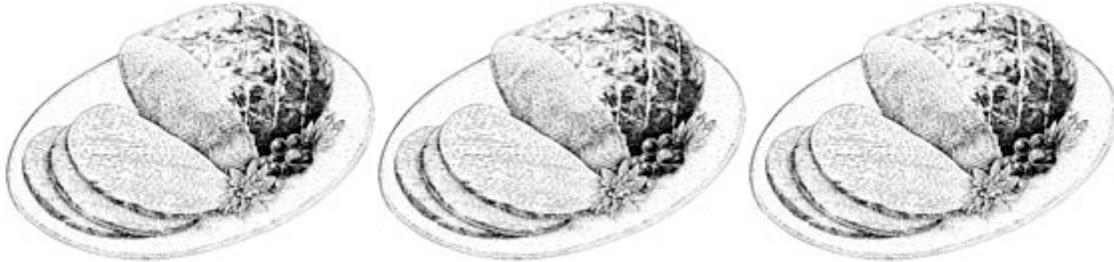
developed, and now the land is bought and owned by huge corporations, monoculture takes over, and eventually, there isn't enough land left to grow the food to feed everybody. So now they have to depend on importing everything they used to provide for themselves. What to do? In my mind's eye, I see the islanders holding a huge town meeting, and (peacefully) kicking out the pineapple monopoly, and reclaiming their land. The rest of the world will just have to learn to live without pineapple on their pizza, in their stir-fries, and no more pina-coladas. Ouch. In all this narrative, I neglected to mention that the three articles I just listed are among my favorites. Could I sacrifice these delicacies for the vision of a happy, healthy place that does just fine taking care of it's own? How far do I want to take this Transition Town self-sufficiency business anyway? Can I reform my taste for the tropical sweets and learn to appreciate the subtleties of kale and turnips more?

My husband played a joke on me when he made supper that night; a localvore's medley of ingredients fresh from our area's famous growers. Only one thing that he always added was missing. Pineapple. He put the unopened can right in the middle of my plate - the gauntlet was thrown down. It would be on my conscience if I opened it.

I do have a back-up plan when the cost of oil to transport tropical fruit up North gets out of hand. We planted a slip of a fig tree in the corner of the attached greenhouse just off the kitchen years ago. Now it is huge and produces more fresh figs indoors than we can keep up with. I could can them, dry them, jam them, and add a clove of garlic here and there to give them that tart citrus flavor of pineapple, and in the middle of winter, who would know the difference?

# What the Heck is a Nitrate, Anyway?

By Co-op Meat Buyer - Beth Cate



What's the difference between nitrates and nitrites? What's so "bad" about them? Even though I'd asked those questions before, I never felt that I got a clear answer... at least not one that stuck in my brain. Here at the Co-op, we have a few fairly strict policies regarding additives in the foods we carry. One such policy is "no nitrates/nitrites". Earlier this year, after some confusion, I accidentally stocked a few things containing nitrites. Some moments of near panic and a few thought provoking conversations later, I finally got curious enough to get off my tush and figure it out for myself. So, I decided to do some research. Here's some of the good, the bad (and the just plain weird) tidbits I found:

**Sodium Nitrate:** chemical formula  $\text{NaNO}_3$ ; a form of salt mined in South America, as well as industrially produced by neutralizing nitric acid with soda ash. It is water soluble, has antimicrobial properties, and occurs naturally in many veggies (celery, chard, spinach and kale among them). It has multiple uses, including (but not limited to) an ingredient in fertilizers, pyrotechnics, glass and pottery enamels, a solid rocket propellant, and a food preservative.

Now rarely used as a food preservative, except in some specialty meats. It should not be confused with its "cousin", sodium nitrite, which is the more commonly used food preservative.

**Sodium Nitrite:** chemical formula  $\text{NaNO}_2$ ; a form of salt and anti-oxidant. Used in conjunction with chemical compounds as a color fixative and preservative in meats and fish. It is water soluble, and will eventually oxidize into sodium nitrate. Among other things, it is also used in printing and dyeing textile fabrics, photography, as a corrosion inhibitor, in metal coatings, and has been helpful in the medical field for helping treat a number of ailments.

...Okay, so which to you want first, the good news or the bad news? How about just getting the bad news out of the way? In large amounts, sodium nitrite can be fatal. That's kind of a downer. However, it takes a pretty substantial amount for that severe of an overdose. Considering there are very strict regulations regarding the usage of nitrites, such overdoses are highly unlikely nowadays. In one example I found, it was stated that a 50-pound child would have to eat approximately 5 pounds of hot dogs containing twice the legal limit of sodium nitrite in order to ingest lethal levels. I know a lot of kids love the things, but that's a *lot* of hot dogs.

One of the main concerns with sodium nitrites is actually not the risk of overdose, because that has been minimized in a number of ways over the course of many years. Some years ago, it was believed that the consumption of nitrites was the cause of certain types of cancer. When exposed to high temperatures, sodium nitrites *do* cause the formation of carcinogenic substances, which could lead to cancer. However, research in this realm is primarily inconclusive, and there is no proof that it is directly the *cause*, though it may be one *link* in a series of factors. As for just what that means, and the seriousness of it, I'll let you decide. Oh, by the way, sodium nitrites have also been linked to lung disease and the triggering of migraines.

On the upside of things, the vast majority of cured meat producers use significantly less nitrites than regulations allow. Typically, the smallest amount of nitrites needed to produce the desired effects are used, and other substances are added to cured meats to help stabilize the potential carcinogens (although, I found limited information as to the effectiveness of those counter-acting additives, or to possible side effects from them.)

So, now for the good news! Nitrites are actually part of the body's natural nitrogen cycles. Since it's approval in 1925 for use in cured meats, there have been no reported cases of botulism from commercially prepared cured meat. So, in other words, it's doing the job it was "hired" for. It's got a few things going on the side, too, though. It's used in a number of ways in the medical field, including helping increase blood flow (potentially regulating blood pressure), it promotes the healing of wounds, helps destroy pathogens in the gut, and is being researched for use in a number of other helpful ways. None of this is to say people should go out and suck on a few hams to cure what ails you, but it seems that in truth, it ain't all bad.

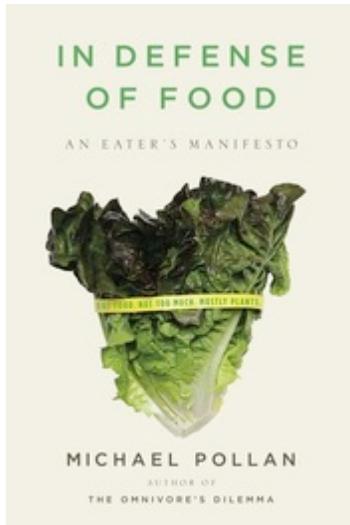
What's the difference between nitrates in vegetables (it's also found in our saliva!) and the stuff they use to cure meats? Obviously, the stuff in veggies just sorta grows there. The stuff used in the meat curing process is either mined and "purified" or is manufactured. Aside from that, I didn't find much information (which isn't to say it doesn't exist). And for those of us who consume meat products, the majority of nitrate and nitrite intake actually comes from eating our greens.

Here's where I get all tempted to break away from the subject at hand and start explaining the regulations about "cured" vs. "uncured", "natural" vs. "organic" meats. But that'll have to wait until a later date.

I feel that I've only succeeded in muddying the waters around the nitrate/nitrite issue, but hopefully we're all a little more knowledgeable as we navigate our way. Perhaps it all boils down to how much of a food purist you are.

*Disclaimer: the sources I used are full of detailed information, much of which is written by scientists, and is a tad confusing for the likes of me. That being said, some of my details may not be 100 % accurate, but they're as close as I understand them to be. ☺*

**Sources: Wikipedia; American Meat Institute's "Fact Sheet" and "Chemical Hazard Analysis For Sodium Nitrite In Meat Curing"; American Meat Science Association's "Natural and Organic Cured Meat Products: Regulatory, Manufacturing, Marketing, Quality and Safety Issues"**



**Review of *IN DEFENCE OF FOOD:*  
*An Eater's Manifesto* - By Co-op Member Sarah Houston**

If you don't have time to read Michael Pollan's *In Defense of Food: An Eater's Manifesto*, the cover will give you the broad message: "Eat food, Not too much, Mostly plants. But why should food need defending? He makes a distinction between food—whole, fresh real food—and all those "edible food-like substances"; i.e. food that has been texturized, fortified, high-fructosed, additived or subtracted from in order to conform to the latest theories about cholesterol, losing weight, and maximizing isolated nutrients (and not incidentally, profits).

Nutritionism, he says, is at the heart of the problem—the problem being that Americans worry more than anyone else about the health consequences of their food choices, while, paradoxically, suffering more from diet-related health problems. And nutritionism is the result of food science consorting with food marketers, leading to what he calls the Nutritional Industrial Complex.

The Western diet, he maintains, is responsible for most of the chronic diseases that the vast majority of us end up dying from, increased longevity notwithstanding. This is due to the rise of highly processed foods and refined grains, the use of chemicals to raise plants and animals in huge monocultures, cheap calories of sugar and fat produced by modern agriculture and narrowing of the biological diversity of the human diet to a few staple crops—namely wheat, corn and soy. In other words, lots of processed foods and meat, added sugar and fat—everything except vegetables, fruit and whole grains. He lays the so-called Western diseases including obesity, diabetes, cardiovascular diseases and cancer squarely at the feet of the Western diet, pointing out that the traditional diets it has replaced were strikingly more diverse. Moreover, various populations have thrived for centuries on diets we'd call high fat, low fat, high carb, all meat, all plant—i.e. just about any kind of whole food.

Lest I sound like I'm preaching to the food coop choir, there was plenty in the book that I didn't know or hadn't thought about, including fascinating digressions on the importance of the ratio of Omega3 to Omega6 fatty acids and the switch from leaves to seeds (and seed oils), or the health advantages of emulating the French, who eat for social enjoyment as well as eating better quality food, but less of it, and eating more slowly.

Finally, Pollan ventures to suggest a number of personal rules for better health and greater pleasure in eating, drawing on history, culture and tradition as much as nutrition and science. In a nutshell they come down to the message on the cover; eat (whole, fresh) food, not too much, mostly plants.

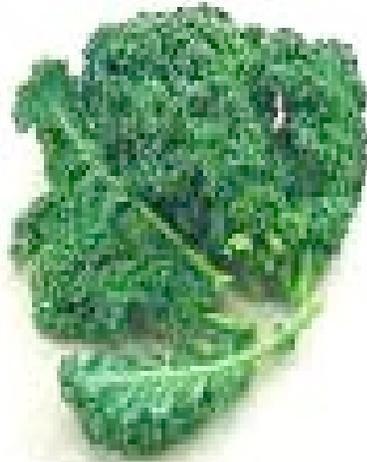
## Kale and Adzuki Beans

### INGREDIENTS

1 cup uncooked adzuki beans soaked over-night  
1 tablespoon olive oil  
2 cloves garlic, peeled and crushed  
6 cups roughly chopped kale  
2 tablespoons water  
1/4 cup tamari  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
salt and pepper to taste

### DIRECTIONS

Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender.  
Heat olive oil in a medium skillet over medium heat, and sauté garlic about 1 minute. Mix in kale and 2 tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender. Season with salt and pepper.



## Thai Basil Green Beans

Recipe by Kate Arnold

### INGREDIENTS

1 lb green beans (snapped, and cut into 1-1 1/2 inch pieces)  
1/2 head of garlic or 2-3 large cloves (chopped)  
Veggie stock  
leaves from 3-4 stems of fresh basil  
1 - 2 TBS fish sauce or tamari soy sauce  
1 - 2 TBS lime juice (fresh preferred)  
1 TBS olive oil  
1 TBS Thai chili paste (Nam Prik Pao) OR any available chili paste  
(Optional ingredients)  
1-2 tsp honey, agave syrup or sugar  
toasted (dk) sesame oil to taste

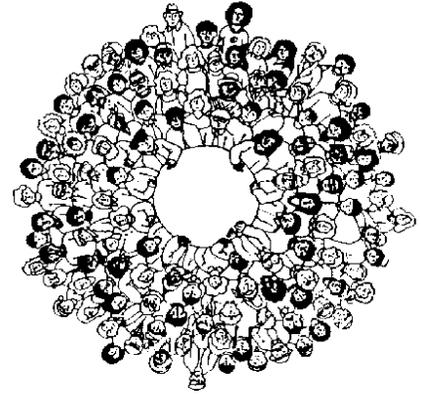
### DIRECTIONS

Sauté' garlic lightly in olive oil, add green beans, mix until coated with oil and slightly cooked. Using fairly high heat, be careful to stir consistently so as not to burn. Add fish sauce or soy sauce and continue to stir. Gradually add enough veggie stock to steam until cooked, but still crisp. Meanwhile, mix the chili paste with just enough veggie stock to make it soupy and add as soon green beans are ready. Turn off heat and add limejuice, sweetener and/or sesame oil (if desired), and finally, toss in basil leaves. Leave pan covered long enough for basil leaves to wilt. Toss again and serve immediately. This dish can also be chilled quickly and served cold.



## Enlivening the Revolution; Developing an Effective Strategy for Food Sovereignty

Co-op Member Tom Gilbert



We are facing some of the greatest challenges ever seen in history. Imperialism and corporate colonialism are the most pervasive worldwide than they have ever been, and we are actively crossing ecological thresholds, genuinely threatening ecological stability. Among other things, we have passed the threshold for parts carbon in the atmosphere suitable for maintaining life as we know it established by the global scientific community. In Vermont our largest lakes are actively dying and so are most of our major rivers – 13 of 17 of the primary tributaries entering Lake Champlain are threatened by excessive nutrient loading – in large part a result of significant soil erosion. It is estimated many Vermont farms currently loose roughly two tons of soil annually. The disparity of wealth and access to resources is growing exponentially..... and of course there is the global economic crisis with its impact in local communities everywhere. All the while, the folks advancing the global economic paradigm of free trade and corporate colonialism seem to continue to outpace us. Simply said, we are in a serious bind.

To rein in these problems and regain the sovereignty of our communities (yes, we need to be 'saved' on some level), we must radically redesign how our societies work. It will require that we step outside of our traditional ideas of social change and activism, past individualism and insular exceptionalism, and into a new level of organization, cooperation (beyond our friends) and implementation. In pursuit of mutualistic, vibrant, durable communities that don't spew ecological and social carnage across the landscape, it is critical that we become more strategic, systems thinkers and authentic *community* organizers. We must set the revolution in fifth gear, and cannot afford intolerance and rhetoric. Such a pursuit will, like any mature ecosystem, require diversity. In some cases it is critical that we undertake direct action to protect sacred places and ecological communities when they face imminent destruction – there is a time when we cannot compromise. In other cases, like restoring the sovereignty of our communities and redesigning the systems we depend on, it is the capacity to empathize, work across differences and engage in strategic planning that is required. We cannot effectively overcome the struggle we face with one method alone – we have too many challenges and the world is too diverse to elevate one tactic to the level of a strategy, it is destined to undermine itself. Additionally, while organizing locally we must remain connected to, and gain leverage from, the global social movement.

I believe that two tasks have tremendous leverage in transforming the entire system. First, the food system is a flash point for a breadth of problems and opportunities - if we are able to redesign the food system, we are able to address a significant portion of our total emissions, issues of social justice, food access and health, water quality and local economies, and loss of local and traditional culture, among other things. Second, we must transform our communities in general, to increase local self reliance, improve our shared decision making processes and capacity to work together, and develop a common vision of what we are collectively working to achieve based on ecological and mutualistic principles. With this we will be equipped to truly realize social justice, root out intolerance (more pervasive in our community than we commonly acknowledge) and oppression, and effectively address other pertinent issues, such as energy and health care. Through these two issues I believe we can realize community sovereignty, but we must be strategic. The undertaking to rebuild a regenerative food system can become a vehicle for advancing community capacity.

Regenerative, mutualistic food systems will inherently follow basic ecological principles: carrying capacity, diversity and change over time, vegetation of the soil, solar energy and biological systems, mass balance, soil health, no wide spread use of toxins, utilization of the decomposer system and species for the required cycling of nutrients and carbon. The decomposition component inherently ties the system into a circle, or cycle, as all intact ecological systems must be – a stark contrast from the linear fertilizer factory to landfill model that defines most of our food system. Additionally, a healthy food system and community must provide for uniquely human circumstances, such as the need for income and health care.

Economic justice is a major piece to true social change and building local capacity. The food system is an appropriate sector of the community and economy through which we can work toward economic justice, while achieving other social and ecological outcomes as well. Certainly part of this equation is local enterprise – including not-for-profit, social enterprises like the Buffalo Mountain Coop. Local enterprise not only provides jobs, but commonly these jobs are more stable, hopefully better paying, and contribute to a sense of place and community pride. To this end I see local enterprises and organizations as an incredible vehicle for potentially addressing wage gap and food access issues – we need to collectively bargain amongst our selves for truly local wage reform to ensure a basic standard of living in our community – one that would at the very least enable everyone to buy locally, and eat well. Additionally, through local producers and processors we begin to uncouple our need of the very systems that undermine our communities and

ecosystems. Civil rights and social justice organizations across the country and internationally have recognized the need to foster local enterprise as a mechanism for self-determination. There is no doubt that we should be thoughtful about the fact that personal profit is not synonymous with public good, but we should also recognize that the private sector is diverse, and ambition is a healthy quality in any community when metered by social and ecological values. The key here is balance. Sustainability is a triad between ecological, social, and economic factors. To fail to account for one at the cost of the others is to cause imbalance in the system – this is true of ecological communities; economy is as relevant to the ant as the human. It is therefore imperative that while we build robust local economies, we must shift our *methods* of valuation to bring the economic sphere back into sync with the ecological and social realms.

We have passed the point in the world where we can hide in the safety of ideological rhetoric – our ideas are not enough. To move forward, address the challenges we face, and build an authentically new society, we must ‘make salt.’ The “Left” has continued to be outpaced by corporate imperialism for three reasons primarily: 1. their control of capital and resources, 2. our failure to meet the rest of society in the place where they are without judgment and effectively organize a mass movement, and 3. we have failed to undertake critical, systems thinking. While the first issue is of massive proportion, it is outside of our capacity to influence. Like Indian revolutionaries working to end English military rule in colonial India, we are outgunned, so we must evolve our strategy and make these resources increasingly less relevant. The second two items are shortcomings of strategy, true humanism and the very non-judgment we collectively (I think) espouse – and they are very hard to accomplish. Certainly building this food system and catalyzing social change comes with substantial challenges – how do we value food for its true value and pay producers fair prices, while keeping food accessible to the entire community, paying workers well and maintaining farms in ecological balance? How do we come together and look past immediate differences and assumptions about the world, and celebrate what we share and can achieve in cooperation with one another to fundamentally shift a system which we depend on? How do we get everyone we need to the table to even have these conversations, and then agree as to what the action steps are?

The Hardwick area community is an incredible wealth of opportunity for redesigning the food system and building it in the image we desire. Our community possesses the depth and diversity, the history and new ideas, and the intelligence, grit and experience necessary to undertake this task of gigantic proportion. We also have a genuinely unique concentration of the relevant components of a ‘whole,’ regenerative food system in this area, from soil to soil. Certainly much of this is to the thanks of the many generations of folks that have laid an incredible groundwork here – expanding on this is a celebration of this work, not casting it aside.

The Center for an Agricultural Economy was formed to address these questions, building on the existing, robust resources already present in the region. As a Board Member of the Center, Director of the Highfields Center for Composting, homesteader, family and community member, and animal in this ecosystem, my goal at the Center is to work with my community to look closely at how our local food system works and how well it is working, and collectively redesign it to fulfill goals of social equitability and ecological balance. With this outcome in mind, we are working back to where we are now and identify the weaknesses in the present system which requires improvement, redesign, and strengthening. Developing dynamic mechanisms for assessing the changes in the food system and their impacts on the community will provide critical feedback for evaluating how we are doing in this progression. The Center is not organized to advance a business model – our strategy is outcome based, not prescriptive.

The Center is currently focused on efforts to get local, nutritious food into the Hardwick Food Shelf, running the Hardwick Community Gardens, networking with other communities doing similar work, and leveraging Atkins Field to build relevant food system infrastructure and community resources, as well as developing a series of indicators to regularly assess the health of the food system (water quality, public health, food access, farm income, soil health, toxins, etc) and developing a strategy for moving forward. As a young organization we are excited about what we have been able to contribute to the greater Hardwick community, but admittedly much of our energy has been focused on ‘building the vessel’ first. We look with even greater enthusiasm toward what can be achieved going into the future through increased community involvement and collaboration with other local efforts and organizations. We are energized to fill in the gaps in local infrastructure, ensure that our entire community is fed well and compensated fairly, and support the collective stewardship of this place, and network with communities elsewhere to catalyze systemic change.

Designing and *implementing* a local food system that is durable, equitable and sustainable will not happen quickly, however we can no longer afford to let it happen slowly either. In order to effect change, we will need one another’s empathy and true humanism, and we will need a deep sense of possibility, openness and trust. We will also need to be willing to fully accept the reality of this moment – the “shorn riverbank” as Wendell Berry has referred to it - and those around us that we need, before we can effectively build a radically new future. We need a diversity of tactics and mechanisms to effect this change. We need grass roots organizing, neighborly and structured skill sharing and building, coordinated efforts to build critical infrastructure, cooperatives, family businesses and non-profits to overcome what we are not capable of achieving individually, and we need to radically redesign how the system works. With this, as participants and neighbors, we can build a new food system up within our community to fulfill the promise of food and regain the sovereignty of our communities.

## Calling all Space Shapers

There has been a new committee formed to plan a possible expansion of the café space. More space for such an expansion may become available as we look at possibly moving some of the other co-op operations now on the second floor up to the new third floor. If you'd like to help in the scheming and dreaming, speak with Café Coordinators Deb or Rachel. Thanks.

### Special Orders Special Orders Special Orders

The coop offers a special order service on cases, or bulk bags of items available from our suppliers. Most special orders if pre-paid, get a 20% mark-up, if not pre-paid get a mark-up of 25%. Body care and vitamin products get a mark-up of 67%, unless ordered in a case of 6 or more. Catalogs are available to look at, at the front counter, and a collective member will be able to help fill out a special order form and help with figuring out the costs etc. When you place your order, a deposit will be collected and entered into the cash register/computer. When your order comes in, it will be placed in the special order pick-up section near the recycling room in the rear of the store. **It is important to go through the check-out process when you pick up your order** so that a record can be made in the computer of your picking it up, and any necessary adjustments to your pre-payment can be made as needed.

**Many Thanks!**

### BUFFALO MOUNTAIN FOOD COOPERATIVE MISSION STATEMENT

The mission of the Buffalo Mountain Co-op, Inc. is:

To develop within its area of influence a community-owned and operated, health-oriented, thriving enterprise;

To continually educate the community as a whole in regard to food politics, health issues, and our social-cultural activities;

To demonstrate alternative approaches to structuring our work environment so that it is more decent and compassionate;

To offer healthy, pro-active choices, and

To open our doors to, and develop all aspects of our community.

We provide food for all people, not for profit.

