



JUNE 2025

Newsletter

Do you have a passion for food, community, and co-ops? We want you on our Board of Directors!

The Upper Valley Food Co-op is a community-owned grocery store with a rich history of building resilience. In the 1970s, a determined group of citizens seeking to make minimally packaged, whole food available for all ultimately created the Co-op's founding By-Laws. In the decades since, our Board of Directors, staff, volunteers, and member-owners have been shaping our Co-op and educating our community, helping to create a cooperative local foods economy for the Upper Valley that supports people and the planet.

Join our Board of Directors and 'pay it forward' with us as we work toward building the future we want. Plus, joining our board comes with perks like a store discount and leadership education opportunities.

Check out our website to learn more about our Board of Directors and how to join! Applications can be found online or in-store. Have questions? Email board@uppervalleyfood.coop

Deadline to submit your application is August 1st, 2025.



Community Connections ~ Meet the Board of Directors!



Our Board of Directors is hosting a new series called "Community Connections"! Enjoy a free cup of delicious Lilac Deli coffee while chatting with current members of the Board. Learn about their goals and vision for the Co-op, how they connect with and represent the members of UVFC, and most importantly, let them convince you to join the Board!

Upcoming Community Connections:
Saturday, June 7th, 10-11am

This event will take place in the store, at the eating tables where the carts used to be located.

MEMBER PERK: Quarterly Inventory Sale

Our member inventory sale offers up to 15% off member purchases at our co-op! This is a great time to stock up on your fall and winter food staples. Put in your special orders now, and pick them up on the 29th or 30th to get the inventory sale discount.

Not a member? Join us today and enjoy our member perks! It only takes a few minutes at the register to become a member.



Member Perk!

INVENTORY SALE!

June 29th & 30th

Save 5% on purchases of \$50-99
Save 10% on purchases of \$100-199
Save 15% on purchases of \$200 and over

This sale is for CURRENT UVFC MEMBERS ONLY

Co-op Events



JUNE 2025

LOCAL VENDOR DAYS

Friday, June 27th 1-3pm

This summer we're hosting a series of Local Vendor Days, where we invite local growers and producers to showcase their products! There will also be live music, free raffles, and more!

Our June vendors include

- The Woodland Fairy (bagels)
- Adam's Bliss Balls
- Hillside Botanicals
- Foster Farm Botanicals
- Cards by Laurelae

CAKE AND ICE CREAM!

We'll have cake made by the Lilac Deli (including a gluten-free option), and ice cream from Strafford Organic Creamery! We'll also have popsicles as a non-dairy option.



Downtown Species Scavenger Hunt

Meet at the Co-op at 4pm and join Ben for a short walk around the neighborhood, identifying plant, animal, and fungi species using the app iNaturalist.

CO-OP CLASSROOM

Guided Qigong

EVERY Thursday, 10-10:45am, \$15

Astrology Discussion Group

EVERY Thursday, 5-6pm

THE SEW-OP

Learn Your Machine

Saturday, June 14th, 1-3pm

Kids' Basic Sewing

Wednesday, June 18th, 3:30-5:30pm

Adult Basic Sewing

Wednesday, June 25th, 4-6pm

Registration required for all Sew-op Classes!
Email: INFO@uppervalleyfood.coop

Community Events

Documentary Club is expanding!

We have partnered with JAM, Junction Arts Media in downtown White River Junction, to expand our Documentary Club. They will be hosting the June Documentary Club, which will take place on Thursday, **July 1st**, 7-9pm.

Come watch "The Librarians" (2025)! Librarians emerge as democracy's first responders in this powerful documentary about the recent American book bans and the heroes who battle them. Breakout group discussions moderated by special guests will follow this screening. Made possible in part by VT Humanities and Joyful Living Fund. This film is presented in partnership with Hopkins Center For the Arts at Dartmouth College, JAM, and UVFC.

GOOD NEIGHBOR HEALTH CLINICS

The Good Neighbor Health Clinics promote the health of people in the Greater Upper Valley who are in need and do not have the means to pay, by providing free medical and dental care, mentoring aspiring health care professionals, and advocating for improved access to dental and health care.

Their goal is simple: provide everyone in our community access to high-quality care, regardless of their ability to pay.

Learn more at goodneighborhealthclinic.org

