

# THE UPPER VALLEY FOOD CO-OP 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.



## What does a Director do?

The Board oversees policy, directs the vision, and represents our Co-op in the cooperative world. The building and the store itself are managed completely by staff – they're the experts! The Board has established policies and a monitoring schedule to ensure that obligations to the Co-op members and the staff are fulfilled. Individual Directors represent the collective membership and guide the cooperative to benefit our community. We also learn a lot from each other, enjoy delicious food, tell stories, and have fun.

## Join the Board of Directors!

Our Co-op is part of a strong community food system. The store is vibrant and bustling. No matter what happens in this crazy world the Co-op is ours; we own our building. There is security in all of that, but there is still a lot of work needed to build a resilient future. Joining the UVFC Board is a great way to continue the Co-op tradition of educating our community and caring about our food system to build the future we want. Join our Board of Directors and 'pay it forward' with us.

## Board Member Qualifications

- You must be (or become) a current member of the Upper Valley Food Co-op.
- You must be able to meet time and duty expectations (described below).
- You must have regular access to a computer and email.

## Board Member Expectations

- Prepare for and attend board meetings (11 to 12 per year); terms are three years. *Regular meetings are currently held on the fourth Tuesday of each month, 6-8 PM.*
- Participate on committees or working groups as needed.
- Attend conferences, retreats, or professional development opportunities as needed.
- Represent the Board at Co-op or community events a couple times per year.

## Board Member Benefits

- Receive a 20% discount on all store purchases.
- Enjoy a complimentary meal from the Co-op at monthly Board meetings.
- Receive training in cooperative business, policy governance; attend conferences.

## How Do I Join?

*Directors are elected by member ballot each fall and serve a three-year term.*

1. Let the nominating committee know that you're interested in joining the Board and we'll set you on the right path. You can leave a note with your contact info with a staff member at the Co-op, or contact us by email: [board@uppervalleyfood.coop](mailto:board@uppervalleyfood.coop).
2. Plan to attend a Board meeting, get to know the Directors, and learn more about how the Co-op operates. Feel free to contact us for pertinent articles or explore [www.cdsconsulting.coop/resources](http://www.cdsconsulting.coop/resources).
3. Return your completed Board application, found in the full Board candidate packet, before the deadline (usually mid-July) to be considered as a candidate in the coming election. If approved as a candidate, you can run as a nominee on the ballot in the annual election, held in the fall. Member votes are tallied at our Annual Meeting in October. *For a copy of the full Board of Directors Nominee Packet, email the Board at [board@uppervalleyfood.coop](mailto:board@uppervalleyfood.coop).*

The Upper Valley Food Co-op's "Ends Policy" is the Board's big-picture vision for our Co-op, adopted in 2016. Join the UVFC Board to lend your skills and vision!



### UVFC Ends Policy:

Our Co-op will be central to a resilient and connected Upper Valley community. Because of all that we do, people in the Upper Valley will have:

- Access to healthful, affordable food
- A supportive market for local farmers and producers
- Education and resources for sustainable, healthful practices
- A place for community connection

The Upper Valley Food Co-op is a community-supported natural foods market, which promotes the local economy, is committed to sustainability, and enriches lives through education.

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