



JULY 2025

Newsletter

GROCERY MANAGER (Full-time)

\$23-27/hr starting wage

We are looking for the next Grocery Manager to lead the grocery department of the Upper Valley Food Co-op!

Responsibilities for this position include product ordering, merchandising, overseeing and training grocery staff members, and performing floor duties such as receiving and restocking product. The ideal candidate would be a team player, comfortable with Excel and Catapult, and have a flexible schedule. While grocery management and buying experience would be preferred, we are willing to train the right candidate to eventually assume full responsibility for Grocery operations and outcome.

Visit our website for a detailed job description.

FLOATER POSITION (Part-time)

\$15-17/hr starting wage

We are looking for a hard working, friendly person to join the Co-op staff. This position is ideal for someone with a flexible schedule and who likes to do a wide variety of different tasks. This position will work in produce, grocery, and the front end (the registers).

To Apply: email Darrion@uppervalleyfood.coop



UVFC is an equal opportunity employer, and we are committed to providing an inclusive and welcoming environment for all members of our staff.

Benefits include a 20% in-store discount and paid time off. Medical insurance available for full-time positions.

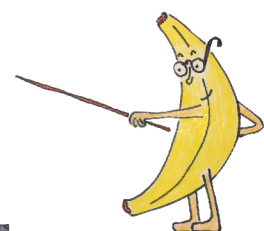
Community Connections ~ Meet the Board of Directors!



Our Board of Directors is hosting a new series called "Community Connections"! 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 dates:
Saturday, July 26th, 10-11am

Find them at the eating tables at the front of the store.



Our June Local Vendor Day was a blast!

Thank you to everyone who came out for our June Local Vendor Day! We're so honored to be able to support these business owners right here in our community, and we can't thank them enough for taking time out of their day to join us. Laurelae had sample cards to show how she makes and uses stencils to create her cards, Sarah from Hillside Botanicals and Taran from Foster Farm Botanicals talked to customers about the herbs they grow and use in their products, Bethany from Blake Hill Preserves sampled out their Naked Jams and pairing preserves, Adam had new flavors of Bliss Balls that he's hoping to offer at the Co-op soon, and Kelly of The Woodland Fairy was kind enough to raffle off a Year of Bagels!

We also have to thank Board Members Zea, Tina, and Pamela, as well as volunteers Gina and Amy for their help!



TALK & GLEAN with Willing Hands

Saturday, July 26th, 10am–12pm Hill Farm, 125 William Gage Road, Enfield, NH

It’s peak blueberry season, and you’re invited to celebrate it in the sweetest way possible—right in the heart of the action at Hill Farm in Enfield, NH! Join us for a behind-the-scenes tour and talk with the amazing Sally and Tim Hebert, who’ve once again opened their fields to us for a season of bountiful harvests. Come soak up the summer vibes with tasty snacks, refreshing drinks, and lots of blueberry love! Want to roll up your sleeves? Jump in after the discussion and help us pick blueberries that will be shared with our community—because everyone deserves a taste of this juicy, nutritious goodness. Let’s learn, laugh, and pick together—see you at the farm!

You must RSVP for this event: www.willinghands.org/events



Clifford Park Food Forest

Sunday, July 13th, 10am–2pm Clifford Park Food Forest, 100 Recreation Drive, Hartford VT

We are grateful to be joined by John Moody of the Winter Center for Indigenous Traditions and Emily Boles, an Abenaki Advisor of Environmental Science and Forestry, who will share about the Butternut Tree and the ancient and continuing Abenaki and other Indigenous agricultural traditions.

We will gather under the pavilion at the park at 10am, share in a potluck lunch, then plant butternut trees together. Please bring a dish to share and your own cutlery. Tools and shovels will be provided.

Email Karen.Ganey@gmail.com or visit www.foodforestcliffordpark.pbworks.com

Farm Force

Are you interested in joining a volunteer team helping local farms increase their yields so they have more to donate each season? Or maybe you're interested in learning about the foods that grow from trees (and how to expand their number and productivity in our Upper Valley growing zones)?

Farm Force is an exciting community currently focused on tree planting, where you can actively learn about and study the natural world as you help produce nutritious, beautiful foods. To get involved, visit www.whiterivernrcd.org/farm-force



Community Events



Dad Guild in the Upper Valley

Founded in 2019, Dad Guild is a Vermont-based nonprofit organization that is home to a growing network of over 1,000 dads across the state. We believe that when dads and masculine-identifying caregivers are engaged in their caregiving roles, children experience positive outcomes, dads experience positive mental health benefits, large steps towards gender equality are taken and cycles of generational trauma are disrupted.

Visit www.dadguild.org/events to RSVP

Salamander Stroll
Saturday, July 12, 10am–1pm
Hartford Town Forest

The hike is about 3 miles total, and the path is NOT stroller friendly.

Rail Trail Walk
Saturday, July 19, 10am–12pm
Meet at Lucky’s Coffee Garage in Lebanon, NH

Silver Lake State Park Takeover
Saturday, July 26, 10am–3pm
Silver Lake State Park in Barnard, VT

Advance Transit Workshop
Monday, July 28th, 10am–12pm
at Bugbee Senior Center in WRJ, VT

Advance Transit wants to hear from you! Join a listening session in July to help A/T staff learn more about transit use, barriers to transit use, and other feedback and discussion.

You will meet at Bugbee, and then take a guided bus trip somewhere, eventually returning here to debrief. To thank participants, they will receive a \$50 stipend!

Registration is required. For more information, or to sign up, call (802) 295-9068 or email hello@bugbeecenter.org

COMMON CENTS

Our JULY partner is...

Clara Martin Center

Over 50 years of People Helping People

deep roots • strong future

Clara Martin Center has been providing a comprehensive array of **mental health and substance abuse services** to the greater Upper Valley area including Orange County for over 50 years!