

Caledonia Food Co-op Newsletter

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Principle 6: Cooperation Among Cooperatives



Rick, Hannah, and Eric at Copper Cannon Camp where they attended a session of the Littleton Co-op's Annual Board Retreat.

Principle 6: Cooperation Among Cooperatives

Co-ops across the world are guided by the 7 Cooperative Principles:

- 1. Open and Voluntary Membership*
- 2. Democratic Owner Control*
- 3. Owner Economic Participation*
- 4. Autonomy and Independence*
- 5. Education, Training and Information*
- 6. Cooperation Among Cooperatives*
- 7. Concern for the Community*

In the spirit of Principle 6, Cooperation Among Cooperatives, Hannah, Eric and Rick attended a short session on cooperation at the Littleton Food Co-op's annual board retreat at Copper Cannon Camp in Bethlehem this September. Michael Healy of Columinate facilitated, and it was wonderful to meet Littleton's board face to face and experience their passion and expertise for all things co-op!

Summer Events: Tara Goreau



This summer the Co-op commissioned artist Tara Goreau to create an 8'x8' mural exploring the benefits of a food co-op. Tara painted the mural with the assistance of members of our community at seven events over the summer. The St. Johnsbury Chamber of Commerce invited us to have a booth at the four Final Friday events, and we were also invited by Catamount Arts to three of the Levitt Amp Music Series at Dog Mountain. People stopped by our booth to join Tara and contribute their vision and brushstrokes to our mural.



Artist Statement by Tara Goreau



Mural painting, like starting a co-op, is very much a team sport. It was an incredibly positive experience for me working on the Caledonia Food Co-op mural this summer. Painters of all ages participated. Everyone was in it

together, and everyone helped with a spirit of joy, effort, and gratitude.

I like how co-ops are a reflection of the community. This community saw a need and is working together for the greater good, toward the challenge of providing our area with locally-sourced foods and products. It is a labor of love, and I think it should be celebrated.

The act of painting itself is a vision board for the future. The vision becomes clearer as community members add to it. This is a perfect metaphor for the co-op: people coming together to create something significant.

The completed 8'x8' mural will be unveiled in Spring 2023 at the St. Johnsbury Athenaeum Hall Gallery.



Upcoming Littleton Co-op Events

MONDAY, OCTOBER 24, 2022, 5–7 pm
Celebrating Community with a Co-op
Community Spaghetti Dinner



Community Spaghetti dinner here at the Littleton Food Co-op! All are welcome. We'll be serving salad, spaghetti & meatballs, garlic bread, coffee and tea, and our own freshly baked Co-op cookies for dessert. Suggested donation of \$6. All proceeds will go to our Littleton Co-op Community Fund benefitting NH cooperative initiatives and local non-profits. More information [HERE](#).

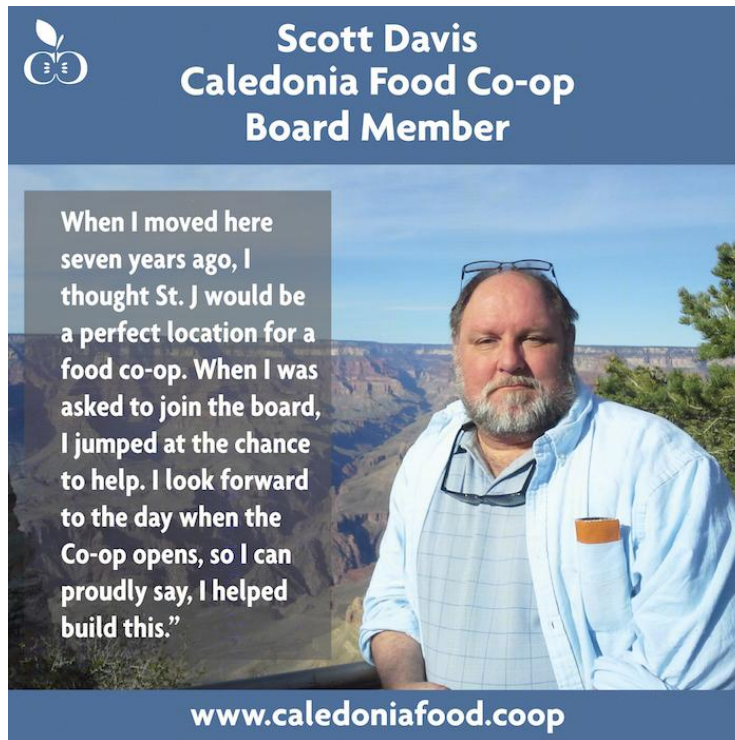
FRIDAY, OCTOBER 28, 2022 AT 5 PM – 7 PM
Community Pumpkin Carving Party



We have free pumpkins! We have the carving kits! Tasty treats while we carve! Gathering as a community to have some Halloween fun!

Littleton Food Co-op is partnering with Small Acts, North Country Pride, Ammonoosuc Community Health Services and Joe's Brook Farm to create scary, funny, beautiful jack o' lanterns with you! Our creations will decorate for the River Rocks , Riverwalk and Covered Bridge for The Gathering of the Jack O' Lanterns on Riverglen Lane in Littleton, October 29th. Pumpkins, carving kits, design ideas and tasty Co-op treats are all free. RSVP - 20 slots are available. Join in the community fun!

More information [HERE](#).



Volunteer! - This is YOUR Co-op

Got talent? Know a way you can contribute or donate? Please contact the board at office@caledoniafood.coop. Your help is welcome.

Testimonials - Send Us Yours!

Send us your testimonial, along with a photo to: office@caledoniafood.coop. We will share it on social media, and once a month we will pick one to go in the newsletter. **Include your name, where you live, and what motivated you to become a Founding Member.**

[Visit our Facebook Page](#)

[Visit our Instagram Page](#)

[Become a Founding Member HERE](#)

Help us Build a Food Co-op in St. J.!

Your founding membership shows that you want to bring high-quality locally-produced food and beverages to St. Johnsbury and contribute to the economic development of the Northeast Kingdom.

The Caledonia Food Co-op will be a full-service grocery store located in St. Johnsbury. It will feature an exceptional variety of local and international food and beverages. It will assist in the economic redevelopment of the region, provide a new market for local producers, expand access to natural and organic products, and advocate for healthy lifestyle choices.

Email us at office@caledoniafood.coop

You can view previous newsletters on our website [HERE](#).

Caledonia Food Co-op | P.O. Box 736, St. Johnsbury, VT 05819 www.caledoniafood.coop

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