

# what is a food co-op?



At its core, a co-op is a grocery store **owned by the community and democratically run by the owners.**

**seven  
internationally  
recognized  
principles**

- 1. Voluntary & open membership**
- 2. Democratic member control**
- 3. Member economic participation**
- 4. Autonomy & independence**
- 5. Education, training & information**
- 6. Cooperation among cooperatives**
- 7. Concern for community**

**co-ops build**

**access**

**community  
power**

**local**



# co-ops build better access

Por cada \$1 que gaste con SNAP

**GANE \$1 en PRODUCTOS FRESCOS LOCALES\***

\*hasta \$25 al día en vales canjeables por productos frescos locales

**green top** GROCERY

921 E. Washington St.  
Bloomington, IL  
Open 8am-8pm every day!  
GreenTopGrocery.com



## Accessible locations

walkable, bikeable, public transit, etc.



## Breaking down food apartheid

bringing food into areas that face decades of structural racism in urban planning and where corporate grocery stores have abandoned



## High-quality food, culturally responsive food

ensuring the food available is fresh, high quality, and responsive to the community's needs and preferences



## Food for all

Essentials at low everyday prices, discount programs, SNAP matching programs, and more

# co-ops build community power



Invest in local economy:  
profits stay in the  
community

Committed to staying in  
the community

A “third place” or visible  
pillar

Center people, not profits.  
Create wealth for the many,  
not the few.

# co-ops support local



Local **farms** & food producers



Local **leadership** & ownership



Local **jobs**



Support local **nonprofits**

# What is important to know?

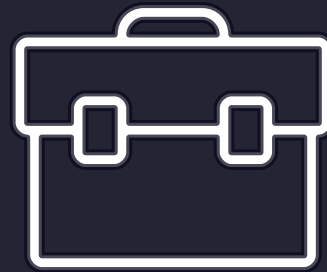
- *Who* is organizing food co-ops, are expanding. And, there's work to do to better support co-ops led by BIPOC communities.
- Opening a food co-op requires stellar community organizing *and* a solid business plan.
- It has never been more expensive or more complex to open a food co-op.



# Who is FCI?



customized  
technical  
assistance



Guides, workbooks  
& resources



Interactive  
education, training,  
& peer learning

We are a nonprofit organization providing free support for startups across the country.

# OUR IMPACT

95

**active startups**  
currently being  
served by FCI

175

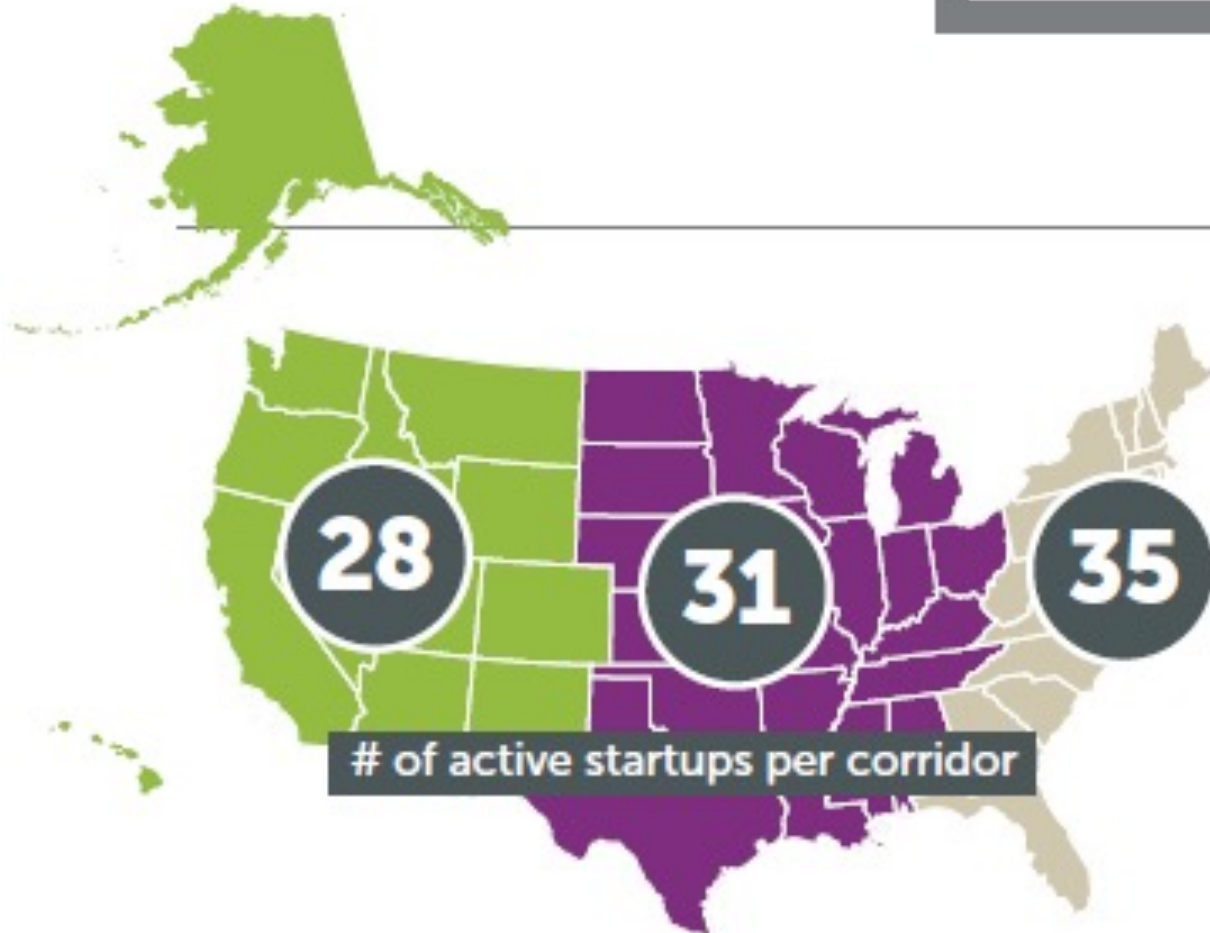
**new startups**  
have opened since  
our work began

We've been  
supporting startups  
for **18 years**:  
5 as Food Co-op 500  
+  
13 as FCI

These co-ops generate **over \$640 million in annual sales**

They have **over 160,000 owners**

They provide employment for  
**over 12,000 people**



## # of co-ops by stage:



“I truly believe that without FCI, Prairie Food Co-op would not be opening next year. FCI has consistently provided excellent, timely advice, participated in meetings with Village staff that ultimately helped our co-op secure \$50K in grant funding, and helps us connect with the right resources at the right time. FCI has been invaluable to our efforts.”

~ *Prairie Food Co-op organizer*