

Did You Know?

According to the U.S. Environmental Protection Agency, wasted food is a significant contributor to climate change.

Wasted food that rots in landfills releases methane, a greenhouse gas that the EPA notes is 20 times more potent than carbon dioxide. That's a considerable threat, especially when considering that wasted food totaled 35 million tons in the United States alone in 2012.

But wasted food is not only hurting the planet, but many people's bottom lines as well, as the EPA points out that

the average family of four loses \$1,600 a year from wasted food they toss out.

That wasted food could be composted to benefit the environment, but the vast majority of it ends up in landfills.

Men and women who want to reduce their food waste and the harmful effects that waste has on the environment can buy less food, donate food they would otherwise discard to area food banks or compost left-over food in an effort to enrich their property's soil and decrease their carbon footprints.



Mission Statement:

**"TO PROVIDE HEALTHY AND NUTRITIOUS FOOD
EMPHASIZING LOCALLY AND SUSTAINABLY GROWN
PRODUCTS AT A REASONABLE COST"**

Real Food Co-op is a member-owned and managed retail outlet that has been providing wholesome organic foods to the community for the past five years.

Our mission is to provide healthy and nutritious food, emphasizing locally and sustainably grown organic vegetables at a reasonable cost. We provide an outlet for farms such as Whiskey Creek and Greenfields Farm in the immediate Florence area, and other farms farther afield in Lane County. We support sustainable organic production that builds rather than depletes soils, and eliminates the need for pesticides and chemical fertilizers.

Real Food Co-op provides organic foods in bulk, such as grains, beans, flours, raw honey, molasses, tamari, oils (including olive and coconut), vinegars (apple and balsamic), nuts, nut butters, dried fruit, and seeds in the store, as well as a rich variety of fruits and vegetables. Members and non members may order bulk items at a small percentage above wholesale.

We also provide fresh bread (including gluten free), Fair Trade coffee, local organic eggs, and dairy products. You will not find any GMO products in our store.

The Co-op has monthly sales on the first Tuesdays and second Thursdays of the month. Produce is 10% off every Saturday from 1 pm to 6 pm.

Real Food Co-op is member owned and operated and is open to the public.

Part of our commitment is to provide educational experiences for the community by providing classes about healthy foods such as fermenting, sprouting, sourdough, yogurt, wild edibles, and canning. We provide a demonstration garden in the front of our store to help educate our community on how to grow food in our local area.

Come in and see us! We are open Monday through Saturday 10 am to 6 pm.

541-997-3396

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