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a local co-op

MAY IN THE CO-OP



A great big thank you to our Member-Owners who came out on a rainy grey Saturday to help with our Community clean-up! The rain stopped, much work was done, fun was had, connections were made and snacks were enjoyed together afterwards. Our gardens & parking lot look like new and we are thankful! One of our missions as a Co-op is to build community, and this was a great exercise in that. We hope to do a clean-up each season, the next one will happen in the Summer- keep your eyes peeled!



It takes a village, and Chatham is one of the best.

FREE COMMUNITY FRIDGE

You asked, we listened, and here's the result!



We are happy to share that the Co-op is now the host of a Free Community Fridge for Chatham.

This idea sprung out of conversations that happened at our Member Owner Meeting last September around the topic of food accessibility.

A few people suggested the idea of a free fridge for Chatham, after seeing the success of the free fridges in Hudson and New Lebanon, which have made a real difference to their communities.

It was pretty serendipitous how it came about. The idea made its way to our list of 'things to do', and we hoped we would find the time to turn to it in the very near future.

At the same time, Lily vom Stein, an 8th Grade student at Hawthorne Valley Waldorf School was looking for a Community Service project to do as part of her 8th Grade curriculum.

Lily had two criteria for her project, she wanted it to be focused on the very real problem of food insecurity in the USA and she wanted it to benefit her immediate community, now and into the future.

Lily reached out to us to see if there was anything that she could do at the Co-op, and we responded, "We know just the thing...!".



Lily vom Stein hard at work cleaning up and getting the space for the fridge ready.

Lily volunteered her time every Thursday after school, and came to the Co-op to work on the project.

She did much research around best practices, best fridges, protocols of use and much more.

She also reached out to local gardeners & businesses to ask if they would become regular donors to the fridge.

Once all the research was done, time was spent imagining where the fridge could be located, bearing in mind our neighbors, town regulations, shelter etc.

We decided to use a fridge that we already had at the Co-op, that was in perfect working order and just needed a good clean up.

Then Lily (with much help from Chris) cleared out and cleaned up the space where it would go under our lean-to.

And Voila! We now have a Free Community Fridge for Chatham!

Thank you Lily for your work and commitment!



The first donors to the fridge were our friends from Little Seed Gardens, Willy & Claudia, who have been keeping the fridge regularly stocked with fresh, local & organic produce- thank you!

HERE ARE THE GUIDELINES FOR DONATING TO THE FRIDGE-

Acceptable items to donate-

- Whole fruits & vegetables
- Commercially packaged meals (labeled)
- Milk, cheese & eggs
- Frozen meat & fish in the freezer please

All donations must be labeled with donation date, description of food including list of allergens.

Labels and pens are always available in the Co-op, and the fridge is open during the store opening hours- Mon-Sat 10am-6pm.

SPECIAL OFFER IN STORE!



SPECIAL OFFER VALID UNTIL MAY 10TH

The very popular Mi Tierra Organic Corn Tortillas are 30% off. Sale- \$3.28 Reg- \$5.99

They freeze very well, so grab a few for your freezer, and stock up- it's soon Cinco de Mayo, and it's always a great idea to have Tacos!

YOGA CLASSES IN OUR COMMUNITY ROOM



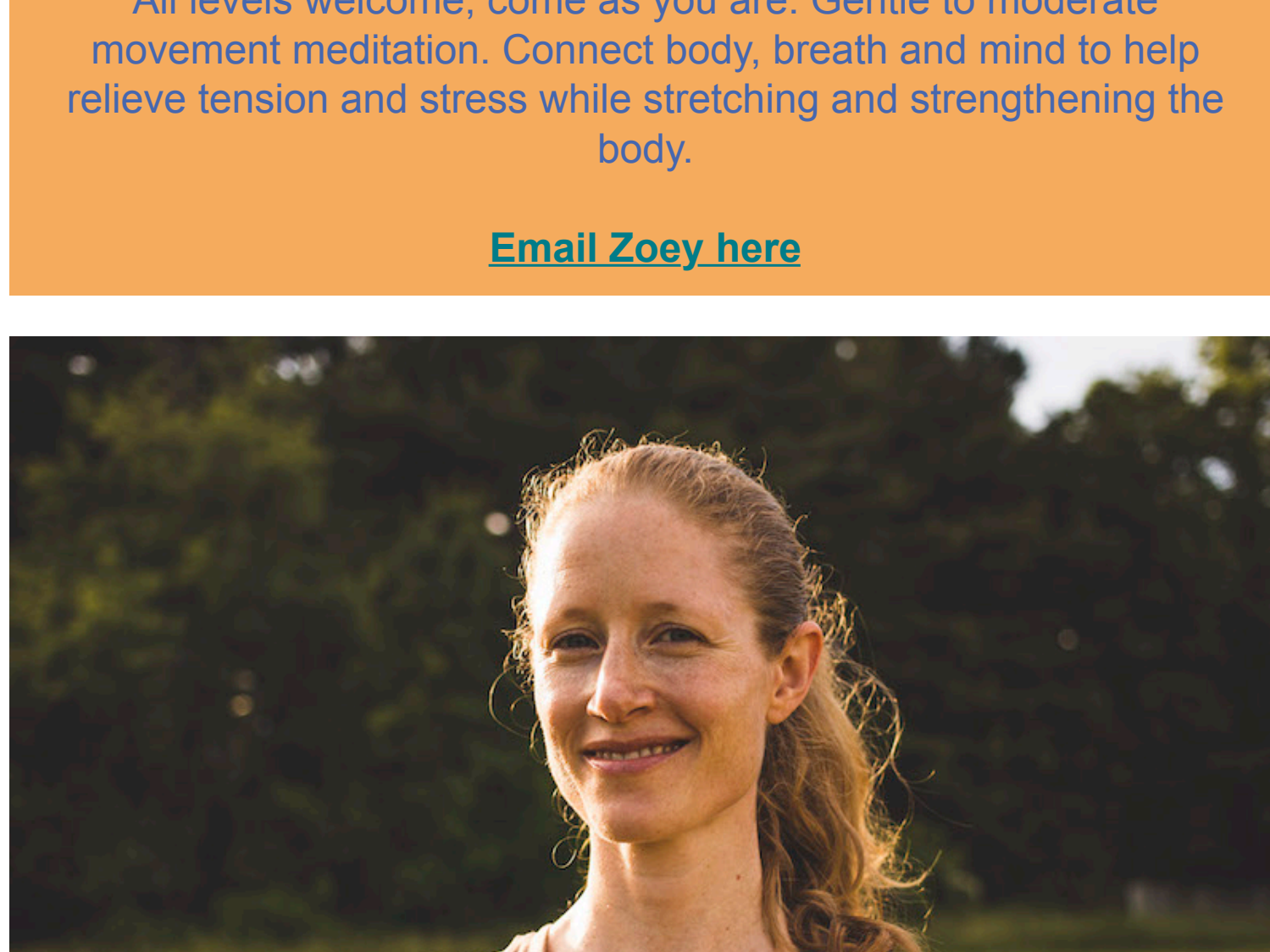
Zoey Wagner ~ Kripalu Yoga teacher

Did you know that we have regular Yoga classes upstairs in our Community Room that are open to the public? Here's the scoop, in case you, or someone you know, are interested-

Kripalu Yoga Flow with Zoey Warner
Tuesdays & Fridays 9:30-11am
Thursdays 5-6:30pm
Each class is \$20

All levels welcome, come as you are. Gentle to moderate movement meditation. Connect body, breath and mind to help relieve tension and stress while stretching and strengthening the body.

Email Zoey here



Rachel Wood ~ Vinyasa Flow teacher

Vinyasa Flow with Rachel Wood
Mondays & Wednesdays 7-8am

This is a yoga class designed to build strength, work on joint mobility, regaining balance and yes, flexibility too!

Currently class participants are aged 25 - 70, with more than half of the group over 55. So yes, you will fit in!

All levels are welcome.

For more information, contact Rachel or visit her website to learn more about the Vinyasa Flow class.

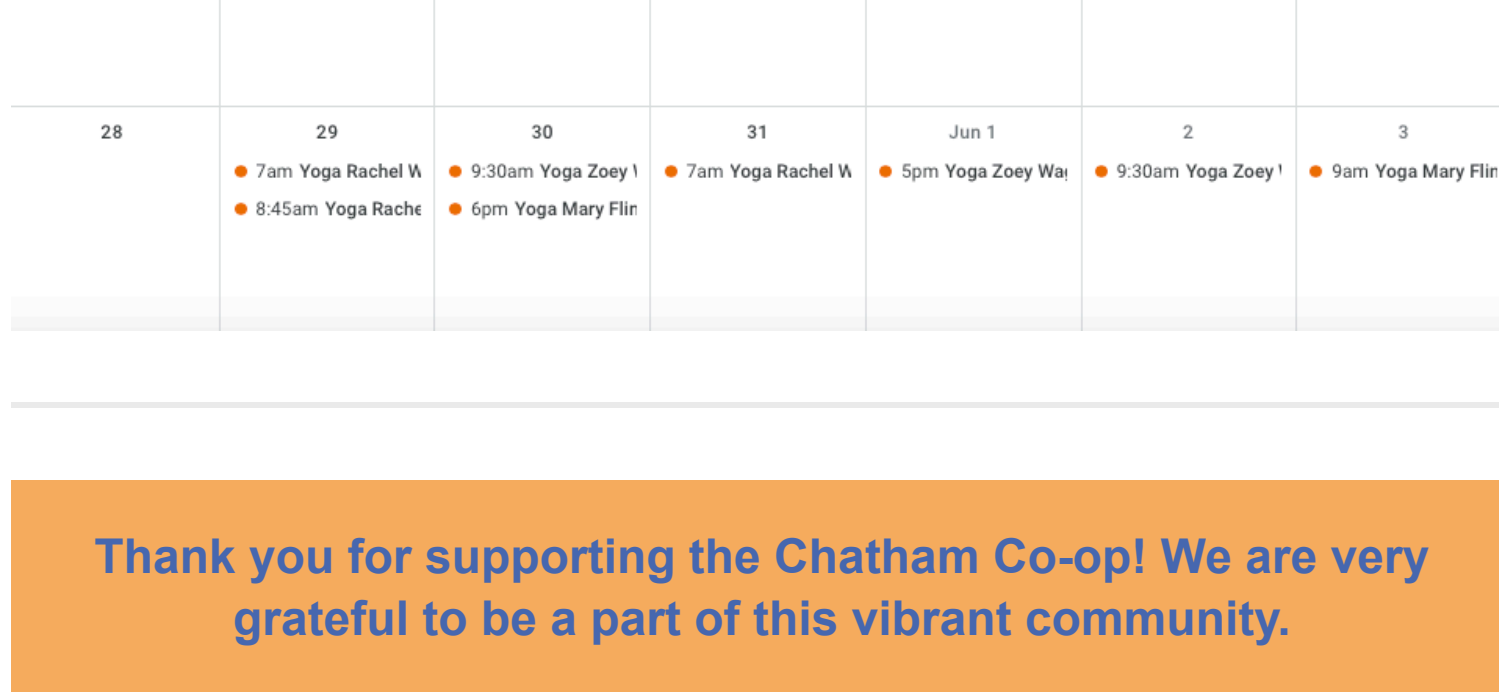
Pre-registration is NOT necessary. Each class is \$15.

CO-OP CALENDAR

Click on the image below to be re-directed to our online calendar. If you are interested in renting our Community Room, or finding out more, please contact Lucy here.

Today	<	>	MON	TUE	WED	THU	FRI	SAT	Google
			May 1	2	3	4	5	6	
			7	8	9	10	11	12	13
			14	15	16	17	18	19	20
			21	22	23	24	25	26	27
			28	29	30	31	Jun 1	2	3

Thank you for supporting the Chatham Co-op! We are very grateful to be a part of this vibrant community.



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