

Fair Trade



Did you know that a cluster of bananas is called a "hand," and a single banana is called a "finger?" The average person in the United States eats about 66 banana "fingers" per year!



Some foods we love come from far away and it's not easy to know if the farmer who grew the food was paid fairly for their work. When you see the fair trade symbol on packages or signs at the co-op, you know that the farmer got a fair deal. Fair trade farmers also work together to improve their communities.

Local



Did you know that chicken eggshells can be white, brown, pink, green or blue? Different types of chickens lay different colored eggs, but they all taste the same—yummy!



When you see this local symbol on signs around the store, it means those foods come from near the co-op! Local food tastes great and helps our community grow.

Organic



Did you know that there are over 2,500 varieties of apples grown in the United States? Which kinds of apples do you like?



When you see the USDA Organic symbol on a package or sign, it means that the food was produced in a way that is good for plants, pollinators and people.