



# 2019 ANNUAL REPORT



Fiscal Year  
July 1st, 2018 - June 30th, 2019

## Cultivating a Spirit of Community Through Cooperation

Exciting things are happening with Free Range Food Co-op! Our co-op received a huge show of support from the Blandin Foundation through a \$10,000 grant. The Grand Rapids Area Community Foundation (GRACF) has approved FRFC for fiscal sponsorship and started the Free Range Food Co-op fund allowing us to accept tax deductible donations. We will soon be hiring our first paid employee to coordinate outreach, owner volunteers and educational development for our co-op, and for our community. Owners will elect four candidates as board members, and site selection will begin as soon as our outreach coordinator is hired. All of these things point in the right direction towards opening our co-op.

However, along with this excitement are some heavy concerns. The results from the Outreach Coordinator Investment Campaign show that 29% of Free Range Food Co-op owners invested. While this is inspiring and helped us to raise necessary funds, it also means that 71% of owners did not invest. This response leads the Board to ask the question, “why”? What needs to be done to solidify owner support and engagement? How do we strengthen the standards of ownership for our co-op?

### **Please take a moment to revisit what Free Range Food Co-op will be:**

- A community owned grocery store rooted in the cooperative principles and values
- A trusted and abundant source for affordable healthy, local, organic, and sustainable food and products
- An outlet for local growers and producers to sell their food and goods, and an incubator to encourage more local people to farm.
- A leader in socially responsible and sustainable business practices
- A source of employment that provides meaningful work and fair compensation for dozens of area residents
- A welcoming and friendly gathering place that provides a sense of belonging.

This is what we are building, and what we all own. The success of our cooperative business depends crucially on the cooperation of its owners. According to the National Cooperative Business Association, “reputation is a powerful human motivator.” Building a positive reputation around FRFC through owner participation and positive promotion will help inspire cooperation from others. To achieve success, we will need to embrace, invest in and protect Free Range Food Co-op and all that it stands for, the same way we do our businesses, churches, clubs and other community organizations that have become embedded in our lives. The time has come for those of us that feel a need to see our food co-op become an actual grocery store, to step forward and fight for it.

Education is a foundational principle of cooperatives, and for good reason. They can be complicated to understand, especially in their development stage when there is no store to

# MESSAGE FROM THE BOARD

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shop at. Right now the idea of Free Range Food Co-op is abstract, but we need to continue to strive for community connection to make this a concrete concept. Communities all around us are benefitting in paramount ways through the activities of their food co-ops. If we can find a way to cooperate together to build FRFC, we can have those benefits here too!

The ideal environment for our success as a co-op is for owners to express a desire to participate in activities that promote the spirit of community and engage in activities that benefit the co-op. Through this community engagement everyone benefits! Over the next year, with the help of a paid employee, we will focus on developing an educational program in order to build up the reputation and awareness of what Free Range Food Co-op is. We will strengthen our leadership and outreach efforts and build up a strong, committed team of owner volunteers who will work together as board members and volunteers to complete the tasks that are necessary to building our cooperative business. Please consider how you can help, and respond when you are called. Our cooperative is so much stronger when we work together!

In Cooperation,  
Free Range Food Co-op Board Members

Brandon Otway, Annaliesa McCartney, Carrie Barsness, Tom Williams, Lois Bendix, Jessie Clemens, David Setness, Sarah Verke

# MISSION

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Free Range Food Co-op will be a member-owned grocery store that will increase access to local foods and goods, provide a foundation for educational activities, enhance health and well-being, and promote sustainability within our community.

## COOPERATIVE VALUES

**SELF-HELP** - Based on the belief that all people can and should strive to control their own destiny.

**SELF-RESPONSIBILITY** - Owners assume responsibility for the establishment and vitality of their co-op.

**EQUALITY** - Each owner will have equal rights and benefits.

**EQUITY** - Owners are treated equitably and rewarded for their participation in the cooperative.

**DEMOCRACY** - Owners have control over their cooperative. One owner - one vote.

**SOLIDARITY** - The cooperative has a responsibility for the collective interest of its owners.

## COOPERATIVE PRINCIPLES

### 1 VOLUNTARY & OPEN MEMBERSHIP

Cooperatives are voluntary organizations open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

### 2 DEMOCRATIC MEMBER CONTROL

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. Members have equal voting rights - one member, one vote.

### 3 MEMBER ECONOMIC PARTICIPATION

Members contribute equitably to, and democratically control the capital of their cooperative.

### 4 AUTONOMY & INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their members.

### 5 EDUCATION, TRAINING & INFORMATION

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

### 6 COOPERATION AMONG COOPERATIVES

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

### 7 CONCERN FOR COMMUNITY - Cooperatives work for the sustainable development of their communities through policies approved by their members.

Photo credit to Erik Heimark & Jay Rigdon  
Maple Ridge Produce, Aitkin MN

# THE OWNERS OF FREE RANGE FOOD CO-OP

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Anna Acheson  
Jill Acheson  
Matti Adam  
Nickalas Adams  
Jane Ahlf  
Katie Aho  
David Alban  
Jeffrey Allen  
Lili Allen  
Matt Alstad  
Warren Alto  
Teresa Alto  
Sara Alzen  
Michelle Anderson  
Brad Anderson  
Ilene Anderson  
Natalie Anderson  
Mary Anderson  
Emily Anderson  
Brian Anderson  
Vicki Andrews  
D Janice Angers  
Nichole Arbour  
Ellen Ardery  
Gloria Arlich  
Nancy Arnhold  
Daryl Arola  
Sam Augustin  
Mary Augustyn  
Shari Aultman  
Jim Azure  
Anne Backes  
Harold "Pete" Baham  
Malissa Bahr  
Cindy Bailey  
Gene Baker  
Deborah Baker  
Angie Baratto  
Consuelo Barnes  
Jennifer Barr  
Carrie Barsness  
Carol Barsness  
Mimi Barzen  
Cassandra Bauman  
Troy Beaty  
Lauren Beckfeld  
Alina Beer  
Lois Bendix  
Laurie Bengé  
Cindy Bengtson  
Judy Benham  
Heidi Bentow  
Christa Berg  
Chris Bergquist  
Joan Bibeau  
Laura Bischoff

Chris Bjerke  
Renata Bjordal  
Lana Bjorgum  
Maisie Blaine  
Kathleen Blake  
Hallie Blenkush  
Mary Blickenderfer  
Lynne Bliss  
Kristin Bloch  
Amanda Boggs  
Lisa Bolton  
Lori Bondhus  
Liz Bonner  
Mark Bookey  
Bill Boutang  
Michelle Brauner  
Megan Brekke  
Rosemary Brenden  
Elizabeth Brenden  
Leta Brey  
Angela Bromstad  
Heather Brown  
Kim Brown  
Patricia Browne  
Ashley Brubaker  
Teresa Brunetta  
Lisa Buchanan  
Emily Bujold  
Coby Bunna  
Barbara Bunte  
Cathy Burley  
Katherine Burns-Christenson  
Gary Burt  
Renee Bymark  
Bob Cahill  
Kathryn Cargill  
Patricia Carlin-Janssen  
Jack Carlisle  
Dan Carlson  
Lisa Carsrud  
Brittani Casper  
Aleya Champlin  
Vicki Champlin  
Joseph Chandler  
Hannah Chesness  
Cam Childs  
Keyna Childs  
Martha Childs  
Jacque Christenson  
Kathryn Christenson  
Judy Christenson  
Holly Christenson  
Heidi Clairmont  
Carol Ann Clancy  
Jessie Clemens  
Darla Clemens

Lucy Cline  
Rebekah Coffield  
Rebecca Colby  
Renee Cole  
Jessica Colter  
Gretchen Columbus  
Dajana Condos  
Kathleen Cone  
John Connelly  
Tasha Connelly  
Tom Connolly  
Bob Conzemius  
Beverly Coon  
David W. Cress  
Clare Croteau  
Gaea Crozier  
Casey Dabrowski  
Shara Dabrowski  
Laura Dahline  
Tony Dahline  
Diana Daigle  
Jaci David  
Michelle Davies  
John Davis  
Meade Davis  
David Decker  
Erikka Demuth  
Sandra DeOtis  
Brede DeSchepper  
Sherri DeYoung  
Todd Dickson  
Melissa Dirkes  
Kathy Dodge  
Katelyn Dokken  
Amy Dolan  
Amanda Doran  
Thomas Dosen-Windorski  
Holly Downing  
Steven Downing  
Samantha Drawz  
Jennifer Dreher  
Chelsi Drobnick  
Karen Durfee  
Anna Eastman  
Michael Edman  
Jennifer Edwards  
Cindy Edwards  
Missy Eiden  
Lee Ellies  
Deanna Ensley  
Annie Erickson  
Patty Jo Erven  
Sam Evans  
Roberta Fahlman  
Patti Farrell  
Cindy Feyder

Emma Figgins  
Deb Filiplak  
Naomi Fillbrandt  
Linda Flanagan  
Jerry Flint  
Lori Flohaug  
Mandy Foss  
Derek Fox  
Betty Fremont  
Christine Friedlieb  
Samuel Friesen  
Keith Friesen  
Lea Friesen  
Joanna Frisby  
Gayle Fuller  
Chris Fulton  
Kristina Gaalaas  
Rossi Gangl  
Traci Gangl  
Krista Gayhart  
Mary Gephart  
Tiffany Gesme  
Renee Gibbons  
Robert Gibbs  
Carol Gielen  
Kevin Gildner  
Michelle Girtz  
Vicki Glenn  
William Glesener  
Kristy Glines  
Laura Glorvigen  
Shirley Godwin  
Holli Goodman  
Ashley Goodman  
Rebecca Gramdorf  
Beth Graupmann  
Char Grell  
Adam Greniger  
Judy Grewe  
Patrick Griffiths  
Adrienn Griffiths  
Bill Grimm  
Diane Gross  
Nancy Grossman  
Amanda Grubbs  
Neil Grunke  
Joan Gunderman  
Troy Gunderson  
Ron Gustafson  
Shannon Gustafson  
Gayle Guthrie  
Colleen Hackley  
Katy Hafar  
Maren Hagen  
Sally Hagman  
Sharon Haiskanen

# THE OWNERS OF FREE RANGE FOOD CO-OP

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Gina Hale  
Lindsey Hallam  
Julie Halvorson  
Pam Hamilton  
Sara Hammann  
Kristin Hanks  
Susan Hanson  
Donna Hart-Kirt  
Nancy Hasbargen  
Gigi Haugen  
Noreen Hautala  
Mark Hawkinson  
Alicia Hawkinson  
Regina Hawkinson  
Susan Hawkinson  
Douglas Hawkinson  
Greg Hawkinson  
David Hayes  
John Hays  
Tanya Hebrink  
Kari Hedlund  
Douglas Heiken  
Teresa Heikkila  
Erik Heimark  
Todd Heinle  
Robyn Heinle  
Andrea Heldt  
Trinity Hemmila  
Tanis Henderson  
Lou Hendrickson  
Allison Herr  
Stacey Hess  
Chuck Hildebrandt  
Amanda Hilligoss  
Anna Hines  
Teresa Hinkkanen  
Eileen Hoffman  
Dion Holcomb-Card  
Rachel Holker  
Garrett Holl  
Stacy Holl  
Brenna Holmstrom  
Heidi Holtan  
Christy Hoskins  
Tao Howard  
Toni Huber  
Alana Hughes  
Gina Huju  
Verna Hull  
Carolyn Humpal  
Judy Hunt  
Kelsey Hunt  
Sandie Hurlburt  
Elyse Huseby  
Asia Hustad  
Susan Hutchins

Kari Hutchins  
Philip Imholte  
Melanie Jacobson  
Kari James  
Daniel Jelle  
Amanda Jensen  
Jane Jewett  
Nicole Johnson  
Anna Johnson  
Tara Johnson  
Kerstie Johnson  
Elizabeth Johnson  
Brenda Johnson  
Dianne M Johnson  
Anne Johnson  
Don Johnsrud  
Sherry Jokinen  
Jack Jones  
Tina Jorgenson  
Kelly Kabotoff  
Dianna Kachinske  
Amber Kaczor  
Susan Kaiser  
Molly Kantola  
Megan Kellin  
Loretta Kemp  
Courtney Kerns  
Carolyn King  
Sharon Kleinendorst  
Tasha Klockow  
Mary Jane Knapp  
Chris Knapp  
Roger Kocemba  
Ann Koetz  
Mary Kosak  
Sarah Koski  
Scott Koski  
Meadow Kouffeld  
Calleigh Kruse  
Zachary Kruse  
Dan Kuntz  
David Kuschel  
Veronica Rohloff  
Kathy LaDoux  
Lori Lagergren  
Becky LaPlant  
Michelle LaPlant  
Teresa Larson  
Ken Larson  
Steven Larson  
Dana Larson  
Sandra LeBlanc-Boland  
Kathy Lee  
Jamie LeMahieu  
Claudia LeMahieu  
Daniel Lemm

Jansie Lenius  
Brynden Lenius  
Patricia Lenocho  
Adam LeSarge  
Traci Lessman  
Meghann Lewis  
David Lick  
Katie Lick  
Simon Lick  
Laurie Lightfoot  
Denise Lindquist  
Susan Loeffler  
Shirley Loegering  
Debbie Lokken  
Willow Loney  
Kate Longley  
Heidi Lonson  
Molly MacGregor  
Lynnette Mackey  
Mary Magnuson  
Vera Mahon  
Brandy Maki  
Cynthia Mallon  
Jo Manbeck  
Corrine Mann  
Amber Marek  
Jenna Marek  
Amy Marrier  
Sandy Marsh  
Katie Marshall  
Margaret Marshall  
Laura Marshall  
Bill Martinetto  
Su Martinetto  
Sean Martinson  
David Marty  
Jeffrey Mast  
Teresa Matetich  
Marie Matheson  
Robert Mattei  
Kristi Matteson  
Shawn Matteson  
Margaret Matteson  
Terry Matteson  
Michelle Matteson  
Tammy Mattonen  
Lindsay Mattson  
Susan Mattson  
Dale Maunu  
Jamie Mayer  
Leith McAuley  
Leanna McBride  
Sarah McBroom  
Joan McCallum  
Annaliesa McCartney  
Josh McCartney

Norma McCartney  
Cori McCumsey  
Michael McEvoy  
Deanna McIntyre  
Bonnie McLynn  
Sarah Mell  
Madeline Melton  
Sonja Merrild  
Diane Meyer  
John Michels  
Nancy Mike-Johnson  
Brian Miller  
Candice Miller  
Betsy Minerich  
Brian Minerich  
Molly Miskovich  
Tia Miskovich  
Kendra Mitchell  
Lynn Mizner  
Matt Mlinar  
Merry Moody  
Athena Moody  
Dennis Moon  
Matthew Moon  
Alice Moren  
Jack Muhar  
Patricia Muir  
Catherine Mulcahey  
Daisy Mundt  
Naesa Myers  
John Nalan  
Joni Namyst  
Renee Nash  
Melissa Nelson  
Jessica Nelson  
Brad Nelson  
Kristi Nelson  
Sue Nelson  
Kimberly J Nelson  
Tiffany Neuman  
Jessica Newbauer  
Jayson Newman  
Timothy Newstrom  
Doran Newton  
Jenny Nielsen  
Cathy Jo Niewind  
Alice Niewind  
Alan Norgard  
Eric Northard  
Karen Noyce  
Wendy Nyberg  
Debra Nyquist  
Gary O'Brien  
Jessica Odden  
Angela Ogilvie  
Kim Oja

# THE OWNERS OF FREE RANGE FOOD CO-OP

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Sonja Olfelt  
Anna Oliver  
Maybeth Olson  
Kelly Olson  
Jake Olson  
Anne Olson-Reiners  
Diane Oman  
Karen Oothoudt  
Gail Orhn  
Brandon Otway  
Patty Ous  
Lisa Owens  
Denise Ozanich  
Taneen Pacini  
Deb Page  
Tom Pagel  
Eric Patterson  
Jeni Pellersels  
Evelyn Pelleymounter  
Joyce Peraaho  
Amanda Perendy  
James Perunovich  
Katie Petermeier  
Max Peters  
Pamela Peterson  
Rebecca Phillips  
Tony Pierce  
Craig Pierce  
Diane Pittenger  
Keith Pollachik  
Barb Popkin  
Christi Powers  
Heather Prael  
Cody Presley  
Beth Prewett  
Cara Prokop  
William Prusi  
Scotty Puglisi  
Clayton Quirk  
Dana Rachuy  
Sandra Radovich  
Terri Radovich  
Jack Radovich  
Jayme Rahler  
Renaë Rasmusson  
Jason Reed  
Nancy Reed  
Reenie Reuter  
Allissa Reynolds  
Suzanne Rian  
Dan Richter  
Will Richter  
John Risberg  
Kari Ritter  
Paul Robertson  
Bruce Robinson  
Kayla Rondeau

Dan Root  
Kathleen Ropponen  
Kathy Ross  
Renaë Ross  
Paula Ross  
Christine Rostvold  
Donna Roth  
Maggie Rothstein  
Luann Rowell  
Mary Roy  
Hank Roy  
Julie Roy-Dahline  
Shaina Ruder  
Brenda Ruesink  
Jeen Ruff  
Kathleen Safe  
Cynthia Sage  
Janna Salmela  
Bobbi Sampson  
Jan Sandberg  
Teresa Savich  
Kathryn Scharpf  
Sandy Schildt  
Heather Schjenken  
Nancy Schlader  
Carrie Schlicht  
Lynette Schmidt  
Joseph Schneider  
Bill Schnell  
John Schroeder  
Kathleen Schroeder  
Kayla Schubert-Aubid  
Yvette Schultenover  
Kari Schultz  
Erik Scott  
Kristina Semler  
Becky Semmler  
Jessica Setness  
Judy Sherman  
Dawn Sherman  
Kayla Shorma  
Vern Simula  
Vicki Sinha  
Ashok Sinha  
Darin Skaudis  
Emil Slack Jr.  
Mitchell Slater  
Deb Smith  
Angela Smith  
Amy Smith  
Ann Smith  
Colleen Smith  
Gari Smith  
Lisa Solberg  
Jane Souder  
Sandra South  
Steve Sovada

Wayne Speedling  
Clarissa Spicer  
Mary Spoden  
Kacie Stanek  
Jamie Starren  
Jennifer Stefan  
Janice Stejskal  
Tricia Sterle  
Becky Stocker  
Sylviane Stoltzman  
Lael Storlie  
Christine Storrs  
Tike Sutherland  
Taylor Swann  
Sara Swanson  
Steve Swentkofske  
Amanda Tabaka  
Trevor Tabaka  
James Talonen  
Angie Tanner  
Kathleen Theis  
Patty Thielen  
Sandra Thoennes  
Sherry Thompson  
Kim Thompson  
Carrie Thorvig  
Katie Tierney  
Corinn Tiwari  
Nathan Tiwari  
Michael Tiwari  
Carol Tiwari  
Doug Todd  
Jen Toewe  
Julie Tracy  
Andrew Tri  
Laurie Troumbly  
Larissa True  
Kelly Tucci  
Molly Tulek  
Cindy Tuominen  
Craig Turnboom  
Jane Turnboom  
Sandra Turner  
Philip Valdez  
Kasie VanQuekelberg  
Barb Veit  
Sarah Verke  
Aaron Verke  
Gina Vidmar  
Kathy Vilendrer  
Connie Vincent  
Chris Vinson  
Jessica Volkmann  
Kagen Waage  
Nathan Waech  
Gretchen Waite  
Edward Wall

Malcolm Wallaker  
Bobbi Wallor  
Jeanne Walthour  
Raelyn Warner  
Robin Washburn  
Randy Washburn  
Susan Wass  
Joyce Watson  
Renee Weedman  
Melissa Weidendorf  
Mary Jo Westlake  
Lisa Whelan  
Betsy Whirley  
Keith Wick  
Elise Widen  
Ross Williams  
Tom Williams  
Jess Wilson  
Simon Wilson  
Jennifer Wilson  
Amanda Wirta  
Tammie Wise  
Mary Witte  
Kristin Wochnick  
Janna Wolter  
Mary Woodlock  
Marianne Worcester  
Rayleen Worcester  
Melinda Wourms-Jensen  
Sami Yang  
Lorrie Yeschick  
Michael Young  
John Zasada  
Steven Zeier  
Alida Zimmerman  
Alex Zimmerman  
Trisha Zimmerman

# FINANCIALS



Chengwatana Farm, Palisade, MN  
Photo credit to Lynn Mizner



Maple Ridge Farm, Aitkin, MN  
Photo credit to Erik Heimark & Jay Rigdon



Bryndlewood Gardens, Grand Rapids, MN  
Photo credit to Brynden Lenius

## BALANCE SHEET FY2019

July 2018 - June 30, 2019

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|                                       | FY2019             |
|---------------------------------------|--------------------|
| <b>ASSETS</b>                         |                    |
| <i>checking</i>                       | 17,462.66          |
| <i>savings</i>                        | 1410.92            |
| <i>paypal merchant</i>                | 403.83             |
| <b>TOTAL ACCOUNTS RECEIVABLE</b>      | 2625.00            |
| <b>TOTAL ASSETS</b>                   | <b>\$21,902.41</b> |
| <b>LIABILITIES</b>                    | 1.92               |
| <b>EQUITY</b>                         |                    |
| <i>Class A Equity</i>                 | 5425.00            |
| <i>Class B Equity</i>                 | 16,150.00          |
| <i>Opening Balance Equity</i>         | 43,443.00          |
| <i>Unrestricted Net Assets</i>        | -28,313.95         |
| <i>Net Income</i>                     | -14,803.56         |
| <b>TOTAL LIABILITIES &amp; EQUITY</b> | <b>\$21,902.41</b> |

## INCOME STATEMENT FY2019

July 1, 2018 - June 30, 2019

|   | FY2019              |
|---|---------------------|
| <b>INCOME</b>   | 2109.45             |
| <i>grants, other public support &amp; interest</i>      |                     |
| <b>PROGRAM INCOME</b>                                   |                     |
| <i>Miscellaneous revenue</i>                            | 540.84              |
| <i>sales of promotional Products</i>                    | 1232.72             |
| <b>TOTAL INCOME</b>                                     | <b>\$3883.01</b>    |
| <b>OPERATING EXPENSES</b>                               |                     |
| <i>2018 Annual Meeting</i>                              | 1097.35             |
| <i>Registration and event fees</i>                      | 35.00               |
| <i>Charitable contribution</i>                          | 100.00              |
| <i>Accounting fees</i>                                  | 150.00              |
| <i>Grow-Op</i>  | 2232.42             |
| <i>Financial Feasibility Study</i>                      | 1500.00             |
| <i>Legal Fees</i>                                       | 1750.00             |
| <i>Rent</i>   | 3905.66             |
| <i>Operations (advertising, subscriptions, postage)</i> | 1849.23             |
| <i>Website</i>  | 554.00              |
| <i>Insurance</i>  | 502.00              |
| <i>Outreach</i>   | 809.90              |
| <i>Travel, Training &amp; Conferences</i>               | 3654.51             |
| <i>Bad Debts</i>  | 546.50              |
| <b>TOTAL EXPENSES</b>                                   | <b>\$18,688.57</b>  |
| <b>NET INCOME</b>                                       | <b>\$-14,803.56</b> |



# OUTREACH COORDINATOR INVESTMENT CAMPAIGN

## OUTCOME & IMPACT

**\$50,205**

Total raised through owner investments & \$10,000 Blandin Foundation grant.

**653**

No. of active owners during the investment campaign.

**29%** Percent of owners who invested.

**\$1500** Investment Campaign Budget

**\$985.55** Actual Dollars Spent

**25** Investment Campaign owner volunteers

**300** Estimated Number of collective volunteer hours spent on campaign

## INVESTMENT CAMPAIGN TEAM

- |                     |                   |                 |
|---------------------|-------------------|-----------------|
| Lois Bendix         | Shirley Loegering | Joan Gunderman  |
| Sarah Verke         | Kathy Dodge       | Molly MacGregor |
| Carrie Barsness     | Sophia Verke      | Barb Bunte      |
| Annaliesa McCartney | Becca Colby       | Celeste Kanli   |
| Tom Williams        | Kari Ritter       | Cam Childs      |
| Brandon Otway       | Cori McCumsey     | Bob Childs      |
| Jessie Clemens      | Angie Tanner      | John Michels    |
| Shara Dabrowski     | Tina Jorgenson    | Beth Prewett    |
| Casey Dabrowski     | Brenda Ruesink    |                 |



*A Special Thanks to*



*Owners* who invested their time and money during the Outreach Coordinator Investment Campaign.



*The Blandin Foundation* for supporting the mission of Free Range Food Co-op and granting \$10,000 for outreach, educational and volunteer activities.



*The Grand Rapids Area Community Foundation* for supporting the mission of Free Range Food Co-op through fiscal sponsorship and the Free Range Food co-op Fund.



Brynden & Wil Lenius  
Bryndlewood Gardens  
Grand Rapids MN  
FRFC Owners No. 209

“

“To put it simply, this co-op will benefit us doubly by not only creating an outlet for us to sell our farm fresh goods at, but by also creating a store we can shop at that supports other local growers & businesses that allows us to keep our dollars in the community. If you support us as farmers, and want to see this co-op built, please consider contributing today! Help us grow our farm and put the tastiest, freshest, clean grown produce on the shelves of the co-op 7 days a week. We are all owners of this business and need to help tend the “Seed” that is the co-op “Grow” into the beautiful “Blossom” we all know it can be!”

Photo credit to Bryn Lenius



Warren Alto and Jesse Davis  
Trout Lake Garlic  
Bovey MN  
FRFC Owners No. 315

“

“As both Free Range members and local growers, we see the value on many levels of establishing a co-op in this beautiful area we call home. As 4th generation farmers, we know how tough it can be to access new markets with our locally grown produce. Farmers’ Markets aren’t always the easiest ways to reach customers. As consumers looking to support other food growers and producers, we’re excited to have a place in our community where we will have a ‘voice’ about what kind of food we have access to. A co-op is a for-the-people by-the-people community effort. We strongly encourage the entire community to get behind this effort with their dollars to support delicious local and sustainable food and a co-op we can all call ‘our own’.”

Photo credit to Warren Alto & Jesse Davis



Lynn Mizner  
Chengwatana Farm  
Palisade MN  
FRFC Owner No. 442

“

“My name is Lynn Mizner and I am the owner/operator of Chengwatana Farm. My small, diversified farm is a pasture-based operation where sheep, cattle and poultry graze and are moved regularly pasture to pasture. I have been implementing silvopasture and other regenerative agricultural practices for more than ten years; market garden-scale fruit and vegetable crops and eggs round out my business. I am a believer in local food systems and cooperative farming. Free Range Food Co-op will help me fulfill my dreams of being my neighbors’ farmer and providing a source of sustainable food to our region.”

Photo credit to Lynn Mizner



\$10,000 GRANT from the Blandin Foundation



FISCAL SPONSORSHIP from Grand Rapids Area Community Foundation.



## JON STEINMAN BOOK TOUR & FRFC BOOK CLUB

FRFC partnered with the Grand Rapids Area Library to bring Jon Steinman, author of Grocery Store to Grand Rapids on international book tour. The library now has two copies of this book for checkout! Grocery Story renewed the FRFC Book Club, and the club is now on their 3rd book read.

“Every grocery store, no matter the type is an economic engine that has lasting effects on people and the planet; food co-op’s are just more intentional with their impact and use their economic position to effect positive change.”

Jon Steinman, Grocery Story

## LOCAL FOODS CONVERSATIONS

Sponsored by Free Range Food Co-op through a grant from Lake Country Power. Partnership with UMN Extension, Regional Sustainable Development Partnerships & The Rutabaga Project.

These facilitated conversations resulted in an idea brief submitted to RSDP by Rachel Newman for her growing Greenhouse and Landscaping class at the Grand Rapids High School. Rachel was awarded a grant from RSDP to support farm and greenhouse tours, planting apple trees on school grounds, presentations from farmers and other experts and growing microgreens.



“

I have worked with hundreds of communities starting new food co-ops, and there are none more deserving of your investment than Free Range Food Co-op. The board has done a fantastic job of organizing and planning the new co-op, and all that is left is for you, the owners, to step up with the investments that will bring the co-op to life and make Grand Rapids an even better place to live than it is now. Go Co-op!”

Stuart Reid, Executive Director of Food Co-op Initiative