



Monthly eBlast for followers and supporters of the Food Shed Co-op - February 11, 2022

1370 OWNERS AND COUNTING!

Click [HERE](#) or on any *Become an Owner* button!



What's In Your Food? by Peter Waldmann

Just what is this I'm eating?

This week we are featuring: **Welch's Fruit Snacks**



"Made with real fruit! Family farmer owned. An excellent source of vitamins. No preservatives. Fruit is our 1st Ingredient!"

The 2nd ingredient is **Corn Syrup**, a food syrup which is made from the starch of corn containing varying amounts of sugars (e.g., glucose, maltose and oligosaccharide). It also contains **RED 40**, a synthetic color additive made from petroleum 1. And **BLUE 1** originally derived from coal tar, although most manufacturers now make it from an oil base or "indigotine". Indigotine is a synthetic that has a long history of being used as a textile dye. Oh - and It does have other ingredients - more sugar, additional food coloring, artificial flavors and gelatin to name a few.

But you **DO** have options! There are cleaner, better versions of fruit snacks in the natural foods marketplace. We encourage you to try **Annie's Fruit Snacks**, made with cane sugar and colored with black carrot and blackcurrant extracts - both of which are healthy alternatives!

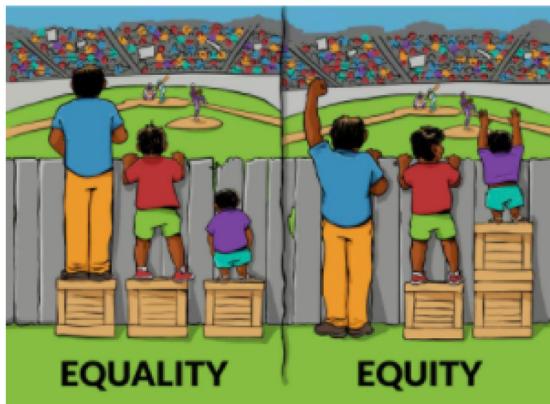


Brought to you by the Food Shed. **We will read the ingredient labels with you!**

Interesting isn't it? Co-ops offer you the best in healthy foods and healthy supplements. To get the ENTIRE scoop on what the Food Shed Co-op can offer - join us by [**BECOMING AN OWNER**](#) now!

Black History Month

As we celebrate [**Black History Month**](#) this February, we are reminded of our [**Social Justice Statement**](#) which you can find [**HERE**](#). We must always remember that **EQUALITY** and **EQUITY** are not really synonymous!



When we strive for EQUITY, humanity wins!

EVENTS

Woodstock Farmers Market - [Website](#)
Saturdays 9am - 1 pm
February 19, Mar 5 & 19,
Apr 2 & 16

Farmers Market at The Dole - Indoor Winter Market - [Website](#)
Sundays 10am - 2 pm
February 13 & 27, Mar 13 & 27, Apr 10 & 24

Notice:

The *Food for Thought* newsletter will be published once per month from now on. Look for it on the 2nd Friday of each month...



Help us spread the word about our community owned grocery store by sharing our posts with your followers on social media. And why not [BECOME AN OWNER](#) now?



Mission

Our mission is to build a LOCAL food COOPERATIVE promoting a HEALTHY, ETHICAL and RESILIENT COMMUNITY.

Core Values

- *Promote and foster better food choices*
- *Cultivate and strengthen our local economy*
- *Inspire and empower community*
- *Champion environmentally responsible practices*

Cooperatively yours,
Food Shed Co-op Board



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