



FRESH DEALS

January 28 - February 3

FOOD SHED CO-OP

Deviled Eggs

\$4.99 6 ct

SAVE \$1.00

house
made

Organic Clementines

\$3.99 2 lbs

SAVE \$2.00

organic

Organic Red Seedless
Grapes

\$2.99 per lb

SAVE \$3.00

staff
pick

LUNDBERG

Short Grain Brown Rice

\$9.49 32 oz

SAVE \$1.50

organic

FIELD DAY

Black Chia Seeds

\$5.99 12 oz

SAVE \$1.00

plant-
based

DRISCOLL

Organic Raspberries

2 for \$6

REGULAR \$4.99/pint

organic

We've got the deals—**Fresh Deals**, the **Owner's Basket**, and our weekly **Flash Sales**. Each features tasty, limited-time specials that highlight the best quality-for-the-price finds in town. Our flyers are just a sneak peek of what's in-store, so stop by often to catch new deals and stretch your grocery dollar a little further.



OWNERS BASKET

January 28 - February 3

READY TO HEAT
Cafe Spice Meal

\$7.49 each

SAVE \$1.50

vegan

Top
Seller

EVERETTE'S 4 SKU's
Whole Bean
Coffee

\$15.99 12oz

SAVE \$1.50

New
Item

local

PIRRO'S
Pasta Sauce

\$8.99 24 oz

SAVE \$1.00

staff
pick

local

Mini Peppers

\$3.49 12 oz

SAVE \$1.50

organic

GOTHAM GREENS
Big Green Salad

\$3.99 each

SAVE \$1.00

local

Your Owner's Basket is ready! ❤️ Explore this week's exclusive owner-member discounts and enjoy savings made just for you. Thanks for helping our community-owned grocery thrive!



*Investment opportunities
that support your values*

Support your local co-op!

Our **Community Investment Campaign (CIC '26)** is a fundraising and investment effort to strengthen the co-op's financial foundation as we continue building a vibrant, community-owned grocery. **As sales grow, community support through CIC '26 helps ensure the co-op has the working capital it needs to reach long-term financial stability.** Our goal is to raise **\$250,000 by March 31.** [Click](#) to learn about the different investment options available.

Learn More



Did You Know?

Owners get more at the Co-op

For a one-time **\$200 investment per household**, you become an owner of the Food Shed Co-op—joining 2,694 of your McHenry County neighbors who believe in a community-owned grocery.

Ownership comes with real perks: Weekly Beet Owner Basket deals, 10% off one full grocery trip each month, a dedicated Owners-only newsletter, and owner surveys that help shape store operations. Owners receive early or first access to *select* classes and events, along with a voice and vote at our Annual Owners Meeting, eligibility to run for the Board of Directors, volunteer opportunities, the opportunity for patronage dividends when profitable, and the option to support the co-op through an interest-bearing Owner Loan if you wish.

Best of all, the savings opportunities alone can quickly pay for the cost of ownership faster than you might expect—while helping build a grocery that truly belongs to our community.

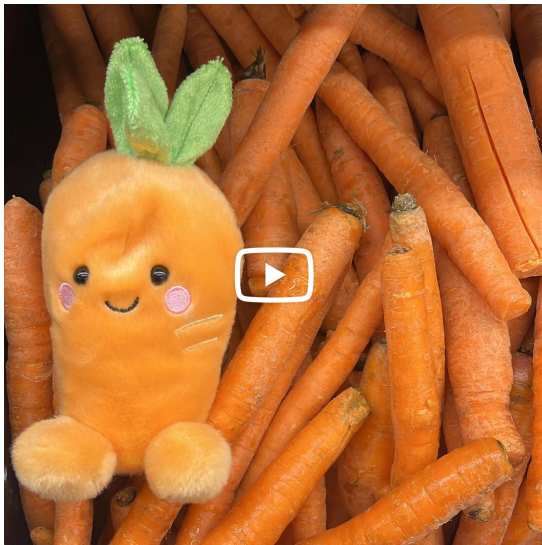
[Become an Owner Here](#)



McHenry County College students—this one's for you! 🎓

Show your **MCC student ID** at checkout and **get 10% off every purchase**, including our Grab & Go items for a quick, easy lunch. Fresh, local, and budget-friendly—just a 4-minute drive from campus at 2390 Lake Shore Drive, Woodstock.
Study hard. Eat well. Save a lot!.

Calling all little explorers!



Mr. Carrot has officially gone rogue—and we need your help! 🥕 One minute he is hanging out in produce, the next he can be spotted sneaking past the local milk, climbing the bulk bins, and causing a little mischief around the store.

Calling all little explorers: if you spot Mr. Carrot while shopping this week, bring him to the front register for a sweet reward.

