

High Plains Food Co-op

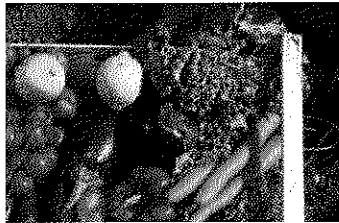
www.highplainsfood.org

What do we offer?

Peace of Mind. You purchase products raised locally. You know where your food came from, how it was handled, and who produced it.

Easy Shopping. Shop from your computer!

Healthy, Nutritious Choices. We offer foods that are natural, organic, additive and preservative free.



Variety. We offer all natural or organic meats and fresh vegetables, artisan breads, frozen, ready to eat meals and more.

A Peek at our Products ...

We take pride in our products! From our families to yours, here's a peek at what's in store ...

Free range eggs ~ Eggs from hens raised on pasture are far more nutritious than eggs from confined hens.

Organically and Naturally Grown Vegetables ~ No harsh chemicals, no wondering what you're eating. From sugar snap peas to fresh spinach, we offer a wide variety of just-picked, mouth-watering produce.

Naturally & Organically Raised Meats ~ We pride ourselves on providing meats that are as delicious as they are good for you! Our producers provide a wide range of naturally healthy and delicious meats, including Pork, Yak, Lamb, Chicken, Turkey, and Buffalo as well as both corn finished and grass finished Beef. Our producers are smaller, family

owned businesses; we know our animals and take pride in offering you all natural, antibiotic and steroid free meats. We offer just about anything you can ask for, including hickory smoked bacon, pork chops, yak burger patties, lamb chops, juicy beef roasts, thick beef steaks, buffalo steaks, ground beef, hams, frying and roasting chickens and heritage turkeys.

All kinds of other goodies ~ Whether it's nutrient rich artisan breads, all-natural herbal seasonings, fresh herbs, homemade cookie doughs & candies, fresh organic popcorn or old-fashioned bierocks, There's something for everyone. We even offer treats for your cat, fertilizer for your garden, and beautiful flowers and plants.

Why choose to join the HPFC? Here are a few thoughts from our consumers ...

I personally believe in promoting local, family farms and ranches as the best avenue to safe, healthy food grown sustainably and humanely without artificial chemicals that are potentially harmful to the quality of our foods, the soil, and to our health. I like the fact that through High Plains Food Coop I can become personally acquainted with the people who are growing and raising my food. I also like knowing that I am helping to keep our local economy vital.

- Susann Mikkelson

Quite simply, I joined because I believe in the mission of the High Plains Co-Op and want to support our local farmers.

- Mary Larsen



Want to know how our products are raised, treated or processed?

No problem! Check out our website to learn about each producer and see how they raise their products. We offer you the unique opportunity to have all the information at your fingertips when making your decision.



Why buy through HPFC?

The High Plains Food Coop offers something unique for the discerning customer. We bring the farmers market to you. HPFC helps connect members who want fresh, natural, and organic foods to people who produce them. Our producers make or raise their products naturally and, in some cases, organically. You know where your food is coming from – and if you have questions about a product, you can talk to the producer.

High Plains
Food Coop



We bring the farmer's market to you!

www.highplainsfood.org

Frequently Asked Questions

Who can be a part of the coop? Farmer, rancher and niche market entrepreneurs and consumers may join the cooperative and be buyers, sellers or both. Coop voting members will operate the coop.

As a consumer, why should I join the coop?

Joining the coop provides you access to a wide variety of reasonably priced foods free from growth hormones, antibiotics, pesticides, herbicides, and genetically modified organisms. It also gives you access to fresher, higher quality food and the ability to compare prices, types, and the production practices used by each producer to find a product that meets your needs.

What area will the coop serve? **The coop's target service area** will be the High Plains and Rocky Mountain Front Range Region.

How will ordering and delivery take place through the cooperative? **The cooperative will** primarily use a web based ordering system and deliver food using various shipping methods. Delivery to your home or a nearby drop point can be pre-arranged for an additional fee.

What is the membership fee?

Voting Member: \$100 one-time membership fee (one vote per membership).

Non-Voting Member: \$40 annual fee.

Members pay a 10% fee to cover operating costs, sales and shipping / handling charges that apply to each order. The goal of the cooperative is to provide a sustainable food marketing and distribution service; thus it strives to break even on its operating costs.

The Formation of the High Plains Food Coop

... has been guided by Ogallala Commons, Rocky Mountain Farmers Union, and the Oklahoma Food Coop. Development of the cooperative was funded in part by a USDA Rural Development grant.

Steering committee members attended a three-day workshop on forming a local food cooperative presented by the Oklahoma Food Coop.

We also volunteered and worked for the OFC delivery day, and the members of the OFC have

generously shared their time and knowledge with us. This saved us time, money and headaches. Our online ordering system uses a customized version of their software.

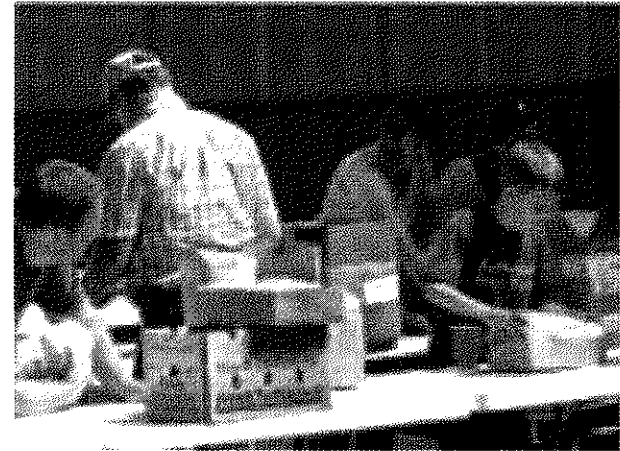


Why Buy Local?

- Buy Fresher, More Nutritious Foods
- Reduce Energy Consumption
- Support Regional Economic Health
- Encourage a Self-Sufficient Community
- Help Preserve Biodiversity
- Preserve the Rural Character of the Land
- Avoid Post-Harvest Contamination

For more information, visit our website: www.highplainsfood.org

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We bring the farmer's market to you!

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Phone: (785) 626-6082