

Sussex County Food Co-op

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Website: <http://www.SussexCountyFoods.org>

Established in 1980, the Sussex County Food Co-op is one of the few cooperative natural food stores in New Jersey. We believe in the positive association between good food and good health. Our co-op carries a variety of healthful foods, literally from soup to nuts. Many of our products are organic. You do not have to be a member to shop here or place special orders.

The co-op hosts a plentiful stock of bulk foods such as organic flours, grains, beans, coffee, dried fruit, nuts, soy sauce, tahini, non-irradiated herbs and spices, and granola. We offer a wide array of soy, rice and almond beverages as well as non-dairy "cheeses" and vegetable oil spreads. The co-op sells a variety of sprouted, whole-grain, wheat-free and gluten-free breads and baked goods. Our extensive pasta offerings include DeBoles artichoke products, organic whole wheat, kamut, spelt, quinoa, rye, potato, corn and gluten-free rice pasta, along with Japanese ramen, udon and buckwheat soba noodles. The freezer section holds everything from meatless vegan and vegetarian entrees and organic fruit and vegetables to tempting desserts, preservative-free bacon and sausage, selected meat, poultry and fish products, juice concentrates, ready-made pastry, and Funky Bunky sorbet and ice cream. Dairy offerings include biodynamic yogurt, organic milk products free of antibiotics and bovine growth hormones, imported cheeses, and goat milk.

Organic eggs from local farms are available year round, plus local seasonal organic produce, honey and unpasteurized cider. Northeast Cooperatives delivers organic fruit and vegetables every other week. Delicious ready-made vegetarian sandwiches and salads are offered for take-out lunches along with a wide selection of organic fruit drinks and spritzers, bottled water, iced tea, soft drinks and soy beverages.

We stock macrobiotic foods, nutritional supplements, homeopathic remedies, herb preparations, personal care products, and environmentally-friendly household cleaners. Pet care supplies include canned and dry foods for dogs and cats, herbal flea collars and supplements.

The co-op is open to the public seven days a week. Telephone ahead to confirm holiday hours.

Monday thru Thursday 10% Discount To The Public Every Tuesday 10% Off All Sandwiches Every Wednesday & Thursday	9:30 a.m. – 5:30 p.m.
Friday	9:00 a.m. – 9:00 p.m.
Saturday	9:30 a.m. – 5:30 p.m.
Sunday	1:15 p.m. – 5:00 p.m.

The Sussex County Food Co-op is a membership, not-for-profit corporation. Our members provide financial support and labor to enable the co-op to operate as a retail food store. Members pay \$30 the first calendar year. Thereafter the annual renewal fee is \$20 and payable each year during the first two weeks of January, *provided that continuous membership in good standing is maintained*. **WORKING MEMBERS** agree to work 2 hours per month in the store (24 hours per year), scheduled in advance. Tasks include packing, weighing and labeling bulk foods, stocking shelves, cashiering and housekeeping. **NON-WORKING MEMBERS** pay an additional \$10 per month, payable annually or semi-annually, to purchase at member prices while being relieved of the work commitment.

To join the Sussex County Food Co-op, please speak in person with a manager.