

WHAT MEMBERS SAY:

"We are a member-run organization. That means we are here for each other, and while we need to take cash, our motive is to take care. We can feel the difference when we walk in the door, when we shop, and when we eat the food. The co-op was created out of a desire to share the good things in life (food, art, etc.) with people who care about individual, community and planetary healing. It is much more than a store. I tell people I care very much about to join us at the co-op."--Suzanne

Here on Long Island, most people are very efficient organizing their lives for their own individual selves. This creates an illusion of control, but it weakens us. This co-op is an attempt to connect. Community is a basic human need that cannot be bought at a supermarket. Who would not prefer to take responsibility for one aspect of life (ie food and eating) and do it together?" --Atta

"The produce was grown consciously and unpacked by a Co-Op member I know. I often select foods with enthusiasm for a recipe another member inspired me with. I take the food home and prepare, eat and clean up with love. The connections nourish the whole of me. Fast food does none of that."--Suzanne

"I love not being blasted media-wise. I don't have to protect my kids from the marketing images here."--Sandra

"There is a quiet peaceful feeling at the Co-op." --SB

"When I grow up, I'll move away, but the only store I will miss is the co-op."-- Phoebe, 11 years old.

"I joined because coming here slows down my life for a few hours. I don't feel I "spent" 2 1/2 hours, I feel I "got" 2 1/2 hours. The energy in here recharges me." --Lisa

How to Join:

Yes, you need to join to shop. You are welcome to visit the co-op without shopping as a non-member.

Pay \$25 fee per adult in household.

Pay \$50 investment per household (the co-op uses this to stock staples that you need and will buy).

How to contribute to the community:

The purpose of the co-op is to take care of each other. That means we should be taking responsibility for a task we can and will do (hopefully with vim and vigor). Whether that is receiving, ordering, publicity, cleaning, or checking out shoppers. There is so much to do--most people easily find a niche that fits.

Sign up for a work-slot. We are asking that adult members work a 2 3/4 hour work shift every 4 weeks. This makes you an "A" member, eligible for the "A" prices.

Go the extra mile, see something that needs to be done and find a way to get it done.

If you love the idea of community but just can't make the time to work, your contribution can be to pay slightly higher prices ("B" prices), still below "suggested retail prices."

EVERYONE can promote the co-op and do their shopping at the co-op. Right now we need to get our sales up so we can pay bills and our membership up so we can be open more hours.

"Something spiritual can happen when people work together in a free way that does not happen when we go to a store. It is essential for me personally. In this co-op we are part of a larger movement that is trying to find new, more human forms of organizing." --Ted

"It costs less to be healthy than to be sick. Mass produced food can cost less in the short term, but the long-term costs are enormous" -- Abby, age 16

"It is exhilarating being with people of like mind sets." --Marcia

"There's one disadvantage of the co-op -- I no longer enjoy walking through the supermarket." --Theo

"Light Foods is a one-stop shop for me. I asked them to carry the staples I need and they did!" --Andrea

"The variety and scope of products at Light Foods is astounding considering its size."

Where else can you get Hawthorne Valley Biodynamic Bread, gourmet cheeses, and milk from Amish people for bargain prices rather than premium prices?" --Claudia

"At first I thought eating organic would be expensive, but with the advice of my friends at the co-op, I see that a healthy lifestyle can be affordable, efficient and delicious." --Dawn

"There is a wonderful diversity of people from all walks of life and all socioeconomic backgrounds at the co-op. There are few organizations that let me rub shoulders with so many different people who value healthy food and healthy environment, just like I do."

"In a world run by large corporations, where individuals become unimportant, the Co-Op is a refreshing alternative. It's personal and friendly. It's like shopping in your own store."-- Jim