

SHOPPING AND FACILITY UPDATE

March 28, 2020

Update as of Thursday, March 25. This information will be updated as needed so please go to foodcoop.com for the latest information.

Shopping Hours: 10:30 a.m. to 7:00 p.m

Members must be on the line outside by 7:00 p.m. at the latest. The Coop reserves the right to make the deadline for getting in line earlier than 7:00 p.m. if the wait time on the outside line exceeds the ability to get everyone in the Coop by closing.

Wait times can vary greatly depending upon the conditions in the Coop. Plan ahead by getting in line early. Line information will be updated on @ foodcoop on Instagram or Twitter.



PLAYBOOK FOR A PLANT-RICH DIET

March 28, 2020



Photo by Ella Olsson | Pexels

How to Eat Less Meat and More Plants

By John B. Thomas

The phrase “plant-rich diet” has been gaining traction in the past several years as we seek solutions to curb the greenhouse gas emissions from the food system that are contributing to global climate change.

The production of animal-based food, especially beef and dairy, contributes a huge portion of the world’s greenhouse gas emissions – nearly 20%. If cows were their own country, they would be the third largest greenhouse gas emitter after China and the U.S. (Project Drawdown).

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