



## **Volunteer Rewards: How You Can Participate in Your Co-op, Do Good, Have Fun and Earn up to 10% off Your Grocery Shopping!**

Our cooperative was built and maintained by member-volunteers 28 years ago. Today we are a thriving organization, providing over 80 wage-labor jobs to our community. Yet, we recognize the strong spirit of volunteerism that thrives in our cooperative membership. We are pleased to announce a pilot volunteer program where member-owners can participate in community outreach and areas supervised by the board of directors and earn discount rewards. Here are our volunteer opportunities:

### **Board of Directors**

- Run in the annual election held in October

### **Current Board Committees**

- Ask about committees currently directed by the board

### **Participant Projects**

- Help maintain our landscaping through our Beds & Breakfast program
- Assist with educational demonstrations at health fairs
- Assist with set up, registration and clean up at the Annual Meeting
- Deliver groceries to homebound customers
- Participate in our Loyalty Shopper Program (limited openings)

### **Outreach Programs**

- Serve as a volunteer for the Community Action Council
- Serve as a volunteer for the MN Valley Humane Society
- Serve as a volunteer for the MN Valley YMCA
- Serve as a volunteer for Dakota Woodlands
- Serve as a Member Ambassador for Valley Natural Foods
  - Member Ambassadors represent the co-op as member-owners at community health fairs, events, fund-raisers and outreach.
  - These volunteers are expected to talk about the co-op, hand out samples, literature and create positive community relationships

Discount is based on the number of hours accrued as a volunteer each quarter. Each hour of volunteer time equals 0.5%. For instance, 10 hours earns a 5% discount every time you shop. 20 hours (the maximum covered in the program) earns 10% every time you shop. We do have a limited number of positions available so be sure to sign up at the Annual Meeting or by e-mailing [board@valleynaturalfoods.com](mailto:board@valleynaturalfoods.com).