

What the Co-op Means to Me

by Gaelan Holden

I'm writing this essay because the Co-op means a lot to me and my mom. The Co-op's fresh food helps both me and my mom to cook the food we enjoy on a daily basis. What is always nice, is they don't just specialize in fresh foods they also have great shampoos and creams.

When I was young, I had passion for cooking and now I am 14 and the Co-op has continued inspiring me by offering their locally grown organic fresh foods that prompt me to cook more than I usually do. When I was young, I thought the Co-op's organic food was just a scheme to get people to buy their food, but I have noticed over the years that organic is a lot better than normal junky food that has ingredients in it I can't even read to myself. I have also enjoyed the classes you have at the Co-op. It's great to get taught by chefs who know what their doing.

The thing that's different about the Co-op from many other organic food stores is they make sure each product is high-quality and they will also try to find foods that don't have awful GMO's. When I don't eat organic my stomach feels like it hasn't had all that organic goodness that I love.

My mom and I have both thought of moving somewhere new as of late but the Co-op makes the decision a lot harder. If we were to move to a place without a Co-op we wouldn't like living there because of the value the Co-op brings to our lives. The Co-op also has a program where you can bring your used Co-op bags in and then when they are packing your used bags up at the register you will get tickets you can donate the tickets to a box they have at the store. I almost always contribute my tickets to the farmers because they work so hard to bring me the food I enjoy so much.

The Co-op also has a Deli. I am a big fan of it because it has lots of sandwiches, salads, and bakery goods. My favorite is the Panini bread sandwich with chicken or roast turkey and bacon and avocado. It's delicious!

When it comes to Christmas and Thanksgiving my mom and I always go and get a turkey at the Co-Op. Our preparation for the turkey is letting it sit in a brine overnight and then cooking it in the oven for about three and half hours. It always comes out juicy and delicious.

People always say the Co-op is expensive but I think their prices are quite comparable to most organic and non-organic stores, maybe the expensive prices are just a myth. Your customer service is always helpful and they know what they are doing. If you ask them where a certain product is they know where it's going to be.

One time when me and my mom went to the store, and we went to the dairy section to select milk and I decided I would ask the guy who was stocking the dairy if he knew who was the best dairy producer. He told us all about how Straus milk is the top-brand for organic milk PERIOD. We also asked him which was the milk he wouldn't suggest. He didn't suggest Horizon milk. I am happy that the Co-op doesn't carry Horizon any more because they are not a good dairy.

That's just one of the experiences I have had with the Co-op. I have had many more, but if I were to share them this essay would be the size of the dictionary! If I had unlimited funds of money to spend at the Co-op I would probably spend a lot of money! This essay isn't about how I want to win the \$50.00 gift card to the Co-op, I'm writing because I want to show my appreciation to the Co-op.

The Co-op is one of the main places I like to go in my life. It has taught me a lot about good foods and bad foods. I can now sit back and enjoy my organic food without feeling like I'm eating bad food that could possibly make me very sick. Due to your cooking classes, now I can cook without my mom helping me. I think she is really happy she doesn't have to help me anymore! The Co-op has created a new hobby for me, and I'm sure it has created many more hobbies for many other people.

Yours truly,
Gaelan Holden