

Our mission is to promote the growth, involvement, and development of the Central community. We will provide a variety of affordable and healthy food options and education in an interactive and compassionate environment.

Hope

YOU have access to fresh produce and programs that are intended to improve the quality of life in the Central community.

Harvest

YOU have access to a variety of health screenings and other programs, including dental and vision, that will enable you to achieve a healthier and happier lifestyle

Growth

YOU have the ability to grow with the Co-op, through referrals and a certification program, that allows you to earn money and become a leader in the community.



Central Community Co-op

2900 Community College Ave
Thrive Office MBA Ste. 228
Cleveland, OH 44115
Phone: 216-987-3628

Info@CentralCommunityCo-op.org
www.CentralCommunityCo-op.org



Central Community Co-op

Meet the Co-op

Presentation and Facilities Tour

Date: September 11, 2010
Time: 10:00am-1:00pm

How do I order food?

An **order form** showing fruits and vegetables with updated prices **will be available at Alanbe's every Tuesday morning**. You then simply select your purchases, and receive a receipt as you pay at the Alanbe checkout counter. Payment must be made by close of business on Thursday to **receive your fresh produce on Saturday**.



How can I be assured of the quality of food that I purchase?

The Co-op has selected food vendors and local farmers who have assured quality and freshness. We will pick up the produce and **deliver to you on the same day** (Saturday's). After the food is brought to Alanbe's, you simply stop and pick up your food. Selection is made on a first-come basis.

Can I receive the gym membership separately from the Co-op?

The \$50 membership to Tri-C's Health and Wellness Center is a **discounted price made available only to Co-op members**. This represents a \$100 annual savings.

What is a Co-op?

A Co-op (also known as Co-operative) is an employee owned business that shares resources to meet the needs of it's members.

The **Central Community Co-op will meet the needs of the Central neighborhood** by providing access to fresh fruits and vegetables, and by offering programs that are intended to improve the quality of life for residents of the Central community.

What do I get with a Co-op membership?

Access to **fresh produce**.

Access to **health and wellness screenings**.

Nutrition and other fun courses that answer such questions as "how to shop and cook healthy on a shoestring budget".

A variety of **giveaways** that will help you achieve a healthy lifestyle.

Exciting opportunities to **earn an ownership certificate**.

For an additional fee, you receive **unlimited access to the Tri-C Health and Wellness Center**. This package is being specially offered to Co-op members at a significantly reduced price, and includes access to the gym, pool, and much more.

As an incentive, for every friend you refer that becomes a member you will **receive a \$5 credit towards your membership** and/or future purchases.

Where is Central Community Co-Op located?

Our temporary office is located at Cuyahoga Community College Metro campus, in Room MBA226.

Alanbe's Food Outlet is the location to order and pick up produce. Alanbe's is located at **3400 Carnegie Avenue**, right in the heart of the Central neighborhood. While Alanbe's is the hub location for the Co-op, other locations will eventually be added to ensure that all Central residents have access to fresh produce.



Cooking demonstrations, health screenings, and many other exciting programs will be offered at the Tri-C Metro campus and various other locations in the Central neighborhood.

