

The origin of the cooperative business can be traced back to the Rochdale Pioneers in Rochdale, England. It is the way cooperative businesses, including Just Food Co-op, operate today. The seven cooperative principles remind us of who we are, what we are doing and how we have agreed to do it.

## The Seven Cooperative Principles

### Voluntary and Open Membership

Just Food invites you to become part of something special (link to membership application)! Just Food is open to everyone without gender, social, racial, political or religious discrimination. All are welcome to shop, join or leave the Co-op at any time. Democratic Member Control Just Food is owned by our members, who agree to actively participate in the Co-op. Members are encouraged to run for the Just Food Board and participate in guiding Just Food. One Member = One Vote and your vote counts!

### Member Economic Participation

Members contribute equally to, and democratically control, the capital of Just Food. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

### Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

### Education, Training and Information

Just Food is proud to be an active partner with many non-profit groups in our community to provide education, support and guidance on the topic of healthy and just food. In addition to classes, we participate in local health fairs and community events, spreading the cooperative message wherever we go!

### Cooperation Among Cooperatives

Just Food is grateful to be part of a strong regional network within the Twin Cities as well as a thriving national network (link to NCG locations: <https://www.ncg.coop/find-co-op>). Cooperatives serve their

members most effectively when we work together with others that know and value the cooperative business model. Coops are truly Stronger Together!

#### Concern for Community

Cooperatives work for the sustainable development of their communities, through policies approved by their members. With programs like “Just Round Up” ([link to PDF of the community partner form](#)), we serve the community that supports us!