

# Le Frigo Vert Annual Report 2015



Welcome message from the  
worker's collective!

We are excited to give you, the membership, a  
report of all the successes and struggles Le  
Frigo Vert has been through over the past year.  
We invite you to read through this report and,  
if you'd like, get more involved in daily life  
around Frigo!

In solidarity,  
Le Frigo Vert Workers' Collective



## **A little about Le Frigo Vert:**

(for those who are new and those who need a reminder)

Le Frigo Vert is Montreal's non-profit, collectively run, anti-capitalist, natural and organic health food cooperative. Our membership is comprised of all graduate and undergraduate students of Concordia University, as well as many non-student folks from the greater Montreal community. A large part of our mandate is to provide low cost healthy food to our membership. We fulfill this mandate in a variety of different ways.

One of our top priorities is to provide the essentials at an affordable price. We carry this out by assigning our lowest mark up on goods to our wide variety of bulk, medicinal, menstrual, and produce items. We see this as a main priority because the right to have access to healthy necessities is something that is relevant to all of our members.

We also know that finding healthy, affordable, ready to eat food on the go can be a real struggle, particularly for students of a downtown campus. Another one of our priorities is offering healthy snacks and ready-made food.



With rising food costs, we remain committed to offering salads and sandwiches that are tasty, healthy, and affordable. We also offer a variety of snacks, from fresh produce to dried fruits and nuts, to chips and chocolates.

We strive to seek out gluten-free, nut-free, and sugar-free options, and are pleased to be offering sprout salads, burritos, and enjera. And our 50 cent coffee is still the cheapest anywhere!



**Solidarity and Mutual Aid**

Le Frigo Vert continues to build alliances and work in solidarity with other campaigns, on and off campus, that share our mandate. We have informal relationships with a number of groups on campus and make a point of supporting their events through both food donations and by providing a space to both promote and fundraise for various events and campaigns.

We continue to carry the school schmool agendas (which are beautiful this year!) and the People's Potato Cookbook. In addition, we continue to carry direct and fair-trade products, including olive oil and dates from Zatoun (a Palestinian co-op), sugar, cocoa, chocolate, and dried fruit from Giddy Yoyo, and dried fruit and tea from Frutos.

We also respond to community requests for donations. This past year, we donated goods to Solidarity Across Borders, Rock Camp for Girls, and CJLO.



### **New Products**

This year we started carrying a wider selection of cold drinks, including three different flavours of hibiscus drinks from a local producer. We also have new vegan cream, a new vegan butter-like spread, and new vegan yogurt offerings. Field Roast is once again allowed to sell its vegan sausages in Canada, so we've got all the flavours back in. On the non-vegan side of things, we started carrying Rolling Meadows Grass Fed yogurts, but they've been selling out so fast that it is hard to keep them reliably in stock!

### **Highlights**

This year we hosted a workshop with herbalist Emily Peters about holistic remedies for dealing with stress. Over 15 people attended the workshop! We also worked with Emily to facilitate her sliding scale herbal consultations with our membership.

Morgan, one of our board members, also hosted a workshop in the greenhouse across the street. The workshop involved making assembling containers for gardening and talking about food security. Participants brought home their own tomato plant in a container.

## **Staff Changes**

This year we said goodbye to two long time Frigo staff members Fiona and James. Thus, we hired two new staff members – Hilary and Hunter. Hilary has been around Frigo as a volunteer and board member for a while now, and Hunter knows a lot about herbs and has been working on redesigning our bulk herb section. We are excited to have them both join the team!

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## **Volunteers**

As always, Le Frigo Vert relies on its volunteers to help keep the store stocked, clean, and running smoothly. We want to send a big shout-out to our amazing volunteers from the past year! Thank you so much, we couldn't have done it without you!

If you are interested in volunteering at Le Frigo Vert, you can email [frigovolunteers@gmail.com](mailto:frigovolunteers@gmail.com) and we will set you up with an orientation time.

## **Concordia Community**

Le Frigo Vert continues to organize with other fee-levy organizations on Concordia's campus. For the last two years, FLAC, the fee-levy advocacy committee, has worked to make opt-outs as accessible as possible and build more ties between all the fee-levy groups at Concordia.

## **Wrapping things up**

Here at Le Frigo Vert, we're looking forward to Anti-Colonial Dinner, which will be taking

place at the Native Friendship Centre this fall. Stay tuned for the dates and information about the program for the evening! We're hoping to put on more workshops over the course of the year, and as always, we are on the lookout for cheap, organic, and fair-trade food and home and body supplies for the store!

us to actually pack up and move, we will let you all know and welcome you into our new space!

### **Big News**

Le Frigo Vert is moving! That's right! We are moving to a different location. We signed a lease that starts in March of 2016 for a space that is one block away – still on Mackay! We are currently working out how to make the space as physically accessible as possible. We are installing ramps, making sure the bathroom is accessible, working on lighting design that takes into account those with light sensitivities, and looking into options for new shelving units. We have been in our current space for 20+ years and we're ready for an expansion and upgrade. No more uneven floors! No more drafts in the winter! When the time comes for

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