We make an impact

We want YOU to own your local food co-op!

Join **1.3 million** people in the U.S. who want better food choices for everyone and become a member of your local food co-op today. We are building community food security, one store at a time.

We are your co-op grocers

167 community-owned food co-ops with

244 stores in 41 states!

Cooperation is radical

Food co-ops are guided by common values communities share: self-help, self-responsibility, **democracy**, equality, equity, solidarity, **honesty**, openness, social responsibility and **caring for others.**

Anyone can shop, everyone can save

3,077 Co+op Deals each week

24% avg. discount on name brand products

Fill your cart with quality groceries from our Co+op Basics program for everyday low prices on organic, non-GMO, fair trade and grass-fed products.

More good food for all

100% accept SNAP benefits

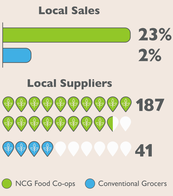
64% offer needs-based or other discounts

53% offer SNAP Fruit and Vegetable Incentives or Produce Prescriptions

1M+ pounds of food donated to food shelves

Leaders in LOCAL

We are your year-round farmers market. Local sourcing builds community food security.



The more you know...

As trusted consumer advocates, we champion transparency by sourcing and promoting products with social and environmental certifications that tell you more. As a percentage of sales, we sell more of the products you trust.

Cooperatively Produced

NCG Co-ops	**5%**
Natural Grocery	3%
Conventional	1%

Fair Trade

NCG Co-ops	**5%**
Natural Grocery	3%
Conventional	0.4%

Organic

NCG Co-ops	**38%**
Natural Grocery	25%
Conventional	3%

B Corp

NCG Co-ops	**8%**
Natural Grocery	6%
Conventional	2%

Caring for each other

As independent, community-owned businesses in a challenging market, we're working together to make a more inclusive economy.

Staffing stats

105 employees at the average co-op

60% pay a livable wage to all staff (goal 100%)

37% offer retirement plans (goal 100%)

57% co-op staff eligible for healthcare benefits (goal 100%)

From profit to purpose

$500,000 donated to national organizations led by People of the Global Majority

$20M donated to local community organizations

$63.5M in Inclusive Trade sales of products

From your community to Congress

Federal advocacy to strengthen national food security

- ✓ Funding nutrition assistance programs like SNAP, WIC and Produce Incentives
- ✓ Strong USDA Organic standards
- ✓ Climate-friendly food from farm to fork
- ✓ More co-ops in more communities to meet basic needs like food, housing and banking

About this Content
This content is based on 2025 data collected from NCG food co-ops, SPINS natural products data, FMI Food Retailing Industry Speaks 2023 Report, and other data collected by National Co+op Grocers (NCG) — a business services cooperative owned by retail food co-ops located throughout the United States.