

Do-it-yourself grocery shopping

Brighton Co-op offers members choice, healthy food and fun

By **Kate Shuster**
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Truck driver Lee Parish and his load of groceries started in Iowa Friday night.

By 10 a.m. on a recent rainy Saturday morning, he's already made stops in Ann Arbor before pulling into the Father's House church in Brighton Township to toss boxes of Amy's Organic Vegetable Broth and Eden Organix Wheat Pasta out the door of his truck.

This is what grocery shopping looks like if you're a member of the Brighton Food Cooperative Ordering Club. It's do-it-yourself food shopping.

"24086," Parrish called out a product number, handing a crate of juice to member Kelley Stott. Another member checks the product off a list on a clip board. "Got it," she said.

"289852"
"Got it."
"28988 You guys are a lot more awake this morning," the Iowa-based truck driver said.

Actually, the members of the Brighton Food Co-op were more awake than usual — the truck from Blooming Prairie food distributor usually arrives in



On the shopping list at the Brighton Food Cooperative Buying Club:

Zingerman's baked goods

Rosewood cheeses

Albanese nuts

Free-range eggs

Organic meats and dairy products

Fresh produce

• Find a schedule and membership information at www.brightonfoodcoop.org.

co-op distributions. Once in a while she makes a trip to Meijer for milk, but even the produce she buys from the co-op keeps until the next distribution.

"I wanted good, healthy food," said Berger. She makes her own bread and her children prefer the healthier snacks she gets through Bloomin Prairie.

You can get just about anything through the food co-op arrangement, said Jim Brown of Marion Township. Anything but junk food. Members can order frozen desserts, salty snack foods and carbonated drinks through Blooming Prairie.

"But these 'junk foods' generally manage to sneak real nutritive value into the product rather than just empty calories, and they avoid substances like pesticide residues and hydrogenated oils," he said.

Deann Kesik of Brighton said she trusts the organic products more than foods on grocery store shelves.

So do you have to be health-conscious to get your food from the Brighton Food Co-op? Kathy Stott of Plackney said you almost can't avoid it.

"You don't need to do aerobics," she joked, peeling off a