Our Standards for Good Food

We've been serving Southern Illinois since we first became a store front in 1985. Our staff has a passion for healthy living and all our products speak to that goodness! Our buyers look at thousands of products every year, sourced from all over the world, and choose only those that are the most flavorful and the best for you. They base their decision also on whether a product is local/regional, certified organic, grown sustainably, Fair Trade™ certified or cooperatively made. This enthusiasm for offering only the best makes shopping easy, because you know we care about what you eat and serve your family. This is why you will not find the following process or ingredients in the products we sell.

<table>
<thead>
<tr>
<th>UNDESIREABLE PROCESSES</th>
<th>UNDESIREABLE INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>antibiotic treatments</td>
<td>ARTIFICIAL SWEETENERS, INCLUDING</td>
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<tr>
<td>irradiation (except where required by law)</td>
<td>acesulfame-K</td>
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<tr>
<td>animal hormone therapies</td>
<td>acesulfame-potassium</td>
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<tr>
<td></td>
<td>aspartame</td>
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<tr>
<td></td>
<td>calcium saccharin</td>
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<tr>
<td></td>
<td>cyclamates (artificial, not allowed in US)</td>
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<tr>
<td></td>
<td>high fructose corn syrup</td>
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<tr>
<td></td>
<td>EQUAL ™</td>
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<tr>
<td></td>
<td>Nutrasweet ™</td>
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<tr>
<td></td>
<td>saccharine</td>
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<tr>
<td></td>
<td>Sweet-n-Low ©</td>
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<tr>
<td></td>
<td>sucralose</td>
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</tbody>
</table>

Growing in Southern Illinois Since 1985
Murdale Shopping Center 1815 West Main Street . Carbondale . IL 62901
618 . 529. 3533   www.neighborhood.coop
**UNDESIRABLE INGREDIENTS CONTINUED**

**LEAVENING AGENTS**  
sodium aluminum phosphate  
sodium aluminum sulfate

**PRESERVATIVES**  
benzoates  
potassium sorbate*  
sodium benzoate*  
sodium propionate  
sorbic acid  
potassium bisulfite  
potassium metabisulfite  
sodium bisulfite  
sodium metabisulfite  
sulfites (sulfur dioxide)*

**ARTIFICIAL PRESERVATIVES**  
butylated hydroxyanisole (BHA)  
butylated hydroxytoluene (BHT)  
propyl gallate  
tertiary butylhydroquinone (TBHQ)  
nitrates/nitrites*  
sodium nitrate/nitrite  
calcium disodium EDTA  
disodium calcium EDTA  
EDTA (except topically)

**DOUGH CONDITIONERS**  
azodicarbonamide  
calcium peroxide (also bleaching agent)

**THICKENERS & STABILIZERS**  
cellulose (carbomethylcellulose)  
carbomethylcellulose  
dioctyl sodium sulfosuccinate (DSS)

**EMULSIFIERS**  
dioctyl sodium sulfosuccinate (DSS)

**FATS, OILS & FAT SUBSTITUTES**  
brominated vegetable oil (BVO)  
caprenin  
Olestra  
hydrogenated oil  
partially hydrogenated oil  
solvent extracted oils  
Simplesse  
sucrose polyester  
trans fats

**MISCELLANEOUS**  
Bisphenol A (BPA)* when possible  
bleached flour  
bromated flour  
chlorine (maturing, bleaching agent)  
natamycin (mold inhibitor)  
lead soldered cans

**OTHER CONSIDERATIONS**

To limit exposure for those with Multiple Chemical Sensitivity Disorder (MCS), heavily scented items such as incense and candles will be stored in enclosed bins.

* In a small percentage of cases, demand can cause us to carry a product with undesirable ingredients, but these will be clearly labeled. The only ingredients considered for this exception are nitrates, nitrites, potassium sorbate, sodium benzoate, calcium propionate and sulfur dioxide. We encourage everyone to read the labels on the packages, should they have a concern not addressed by these standards.