

## SUMMER ESSENTIALS FROM ONTARIO'S CO-OPERATIVES

(Guelph ON. July 7, 2008) Whether you have an event-packed summer planned, or are contemplating days of leisure and relaxation, Ontario's co-operatives offer a variety of fun, useful and even tasty summer essentials. With a diversity that goes from tents to bikes, fresh fruit to organic cheese, and golf to wine, co-ops can fulfill your summer needs.

The Ontario Co-operative Association has assembled ***Your Summer Guide to Co-ops in Ontario*** which features goods and services from the province's diverse co-op sector.

**Get outside** this summer: Play a round of golf at Fox Glen Golf Course Co-op (Macgregor, Ontario), paddle a canoe at the Paddler Co-op (Palmer Rapids) or upgrade your bicycle at Urbane Cyclist Co-op (Toronto). Get all your outdoor essentials at Mountain Equipment Co-op (Toronto and Ottawa).

**Fire up the grill** for burgers and sausages from Fitzroy Beef Farmers Co-op (Fitzroy Harbour). Satisfy your craving for juicy, fresh fruit from Vineland Grower's Co-operative (most major grocery stores and 3 retail locations). Top your desserts with aerosol whip cream or other fine dairy products from Gay Lea Foods Co-operative (most major grocery stores).

**Keep hydrated.** Curl up with an iced coffee from Planet Bean Coffee Roastery (Guelph), or make a batch of summer wine from Simply Fine Wine (Waterloo), paired with organic cheese from Pine River Cheese and Butter Co-op (Ripley)

And don't forget man's best friend – get all your pet food supplies at Sandy Hill Pet Food Co-op (Ottawa).

***Your Summer Guide to Co-ops in Ontario*** can be downloaded in PDF format from [www.ontario.coop](http://www.ontario.coop), or call 1.888.745.5521 for your copy. All items featured in the guide are available in Ontario, either through retail outlets or the Internet. Many co-ops are regional, and membership may be required. To search the interactive database of all co-ops in Ontario, visit [www.coopsontario.com](http://www.coopsontario.com).

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The Ontario Co-operative Association develops, unites and promotes co-operatives throughout the province of Ontario. The Association's mission is to lead cultivate and connect the co-operative sector.

**For additional information about Ontario's diverse co-operative sector, Mark Ventry, Membership and Communications Manager, Ontario Co-operative Association, Guelph Ontario.**

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### ONTARIO'S CO-OPERATIVES – QUICK FACTS

**1300** co-operatives, credit unions & caisses populaires; **1900** locations in **400** communities; **\$30 billion** in assets; **16,500** employees; **1.4 million** members; governed by **10,000** volunteer board members.

**Provincial breakdown:** **50%** of all co-ops are located in central Ontario; **25%** in south-western Ontario; **15%** in eastern Ontario; and **10%** in northern Ontario.

**Sector breakdown:** **6%** of all co-ops are involved in Agriculture; **17%** are involved in Child Care; **17%** are involved in Financial Services; and **45%** are involved in Housing. Co-ops in all other sectors comprise the remaining **15%**.