



## LIZZY APPLEBY, MSW

I first learned about food co-ops while attending school in North Carolina. Company Shops Market opened during my last year at school, and it had a tremendous impact on the way that students in that small college town interacted with community members. It became a place where individuals from all backgrounds and experiences could connect with each other over what produce was in season, new recipes, and community events.

After I returned to Chicago for graduate school, I missed that community hub. I discovered Chicago Market on a flyer the first summer I was back, and was ecstatic to discover the possibility of a co-op like the one I had known in North Carolina. I went home and immediately became an Owner of Chicago Market.

One year later, I became Chicago Market's volunteer Volunteer Coordinator, responsible for helping to match individuals with Chicago Market projects they want to support. Through this role, I've had the opportunity to meet with dozens of Owners in one-on-one meetings and through our volunteer trainings and hear what makes them excited and passionate about Chicago Market. I've also had the privilege of being able to work closely with current Board Members and understand the position of Chicago Market and how we are growing.

My experience working alongside our existing leadership has taught me that while our vision can guide us, it takes hard work, patience, and a lot of hours to make progress. In order to make Chicago Market a reality, we must mobilize large numbers of people, dialogue through our differences, and make real steps towards our future store. We need new Owners, and we need the Owners we have to continue to support our work. As a Board Member, I hope to use my skills in volunteer management and facilitation to engage our Owners even more deeply in our co-op, and my organizing and outreach skills to increase our Ownership.

As a social worker and community organizer, my background is in bringing individuals together around the things they care most about. For our community, those values are as broad as pleasure in a well-grown vegetable, more sustainable and just living, or commitment to the health of family. For me, Chicago Market represents an opportunity to create the world I wish I lived in, where honesty and community were valued at all times.

I would be honored to serve on the Board of Directors of Chicago Market and work to make the vision of an honest food community come alive.

