

2022 FRIENDLY CITY FOOD CO-OP BOARD CANDIDATE



AMANDA PRESGRAVES

Share a little about yourself. Please provide a few sentences about your hobbies, interests, family and/or career, and community involvement.

I live, play, work, train, create and explore here in Harrisonburg - and am here because of all these ways of treasuring and intentionally intertwining with this special community!

- Local and Regional Food system Consulting
- Chief Innovation Officer at Algae-Startup, Spira Inc. (we are on a mission to use algae to replace artificial colors, proteins and plastics with a pro-sustainable solution).
- Mindpower Coach for Youth and Teen Athletes
- Writer, and Author of *The NonRecipe Book* - coming out next month!
- Professional Off-road and Ultra-endurance Triathlete
- Manager and Ecosystem Builder for The Perch Coworking
- I live right down the street from the Co-op with my partner and sweet blue heeler pup Mistie!

Why would you like to serve on the board of Friendly City Food Co-op?

Have you ever served on a board before, and if so, which one(s)?

I desire for my knowledge and impact to more directly support our local community and accessibility to regional food, as well as advocate and work to source from vendors, farmers and local businesses. I see many areas of improvement from which my background in local sourcing and farmers relations could potentially benefit the Co-op. As a loyal member (we are talking 3+ times a week..at least), I care about supporting our local foodways and hope to make that more accessible for others.

Board Experience: current board member at Spira Inc.

What particular skills, knowledge, and/or life experience do you bring to Friendly City Food Co-op that enables you to support and advance its mission?

The cooperative principle "concern for community" has always caught my attention. In my eyes, to create a healthy, informed consumers and a vibrant and local economy - there is always room for improvement and injection of new ideas (particularly from the community!) in doing so. (con't on back)





AMANDA PRESGRAVES (CON'T)

With my work, I specialize in local and regional food systems development and resource-based industry led community redevelopment, with a background in food entrepreneurship, business acumen, human-centered design, nutrition and community health. I take my understanding of food system industry knowledge and community players to create directly relevant, intentional, sustainable actions in communities through individual engagement that creates lasting change. Project specialization includes comprehensive innovative food hub programs, food sovereignty and access, supply chain efficiency, and community engagement and education.

Since being a student at JMU 10 years ago, I would (very very savvily) make my dollar go far so I could support the co-op and buying local. I do believe it's possible to ensure, no matter your socioeconomic status, that fresh seasonal food is accessible...and that there are tools/resources to make that possible.

What experience do you have with Friendly City Food Co-op, Co-ops, and small businesses?

I first became a Co-op member a handful of years ago after watching a movie screening at BRCC hosted by the Co-op. It was documentary about the origins and purpose of the cooperative model. In that moment I knew I needed to put my money where my mouth was. I learned a lot from that experience, and the commitment of my dollar never felt more aligned with my values. While I understand the Co-op model, it hasn't been from a leadership position (yet!) however my own curiosity and exposure as a FCFC member has helped!

Friendly City ignites my passion for...

Enriching our local community and systems with the wholesome, nourishing food pathways that mutually support the farmers as much as the consumers.

The item I can't live without at Friendly City is....

I'm admittedly a glutton for vegan cheeses..especially the many option the FCFC offers! Other repeat items - twin oaks tofu, mushrooms (all varieties!), and of course the 99c bin!