



## MONTANA CO-OP & KIDS CO-OP

# LIFE SOVEREIGNTY

### Focus areas

- **FOOD SYSTEM**
- **YOUTH DEVELOPMENT**
- **COMMUNITY DEVELOPMENT**
- **AFFORDABLE HOMES**
- **HEALTH & WELLNESS**
- **JOBS & SHARING EXCESS...**

Our unique approach pulls multiple industry segments together to create a synergy that brings **health & well-being, wealth, and resiliency** to any community that goes through this interconnected and multi-functional program. Each of the areas above have multiple Co-op projects. We can track the progress by gaining baseline numbers related to each of the areas above. These tracking points will be measured periodically from the point of initiating the program, and with long-term projections and progress milestones; all done in a collective impact model.



## MONTANA CO-OP: SUSTAINABLE FOOD SYSTEM

### Current Projects:

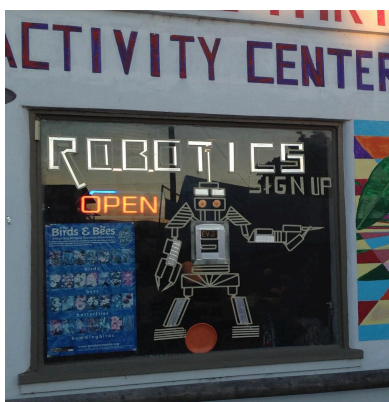
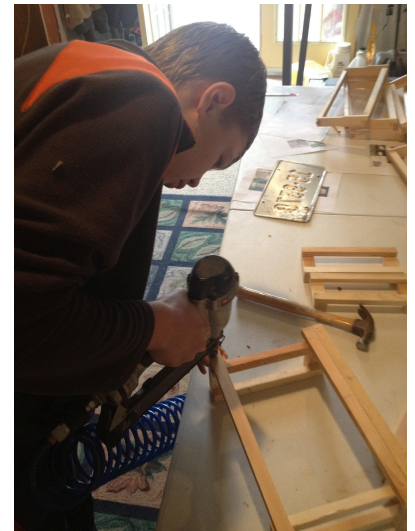
- Incubated MIFSI: [Montana Indigenous Food Sovereignty Initiative](#) led by MSU Tribal Lands Dept.
- Distributed in Hot Springs [Vegetable Box program](#).
- Set up Hot Springs [free vegetables using Food Stamps](#)
- On-Line Farmers Market (working to reestablish);
- Developing a Statewide Network of Food HUB's
- Mobile Food Truck (Kids Co-op [Nutrition Kitchen](#))
- Food Sovereignty ([SKC game](#); CSKT [Info.](#)/Farms; and Squash Growing-Processing-Marketing Project w/ CSKT)
- MSU partnerships with Indigenous Food Video's & the production and marketing of value added food products.
- MSU/SKC: [Food Research of Healthy Diets](#)
- Recipient of the [USDA Farm to School grant for 2023](#) to serve all 12 schools in Sanders County with providing access to local farmers, ranchers and food processors. We will also be establishing and further developing gardens, green houses, salad bars, and indoor grow towers.



# KIDS CO-OP: **YOUTH DEVELOPMENT**

## Current Projects:

- All youth/young professionals board; Native aligned 501c3 non-profit.
- Incubation of [MIFSI](#) (Montana Indigenous Food Sovereignty Initiative).
- Production Partner in [Turtle Island Tales](#)
- After School Educational Activities: cultural knowledge, exercise, music, gardening, food processing & meal preparation, food marketing & distribution, robotics, dance, and art.







# MONTANA CO-OP: COMMUNITY DEVELOPMENT

## Current Projects:

- [Community Heart & Soul](#) program in [Polson](#)
- [One Small Town program](#) (launching in 2024 in Ronan)



Members Log In Tokens



MENU

## Transform Your Town Into a Place of Prosperity and Abundance

A unique Integrated Community Development Plan  
driven by you and your community.





## MONTANA CO-OP: **AFFORDABLE HOMES**

### Current Projects:

- Little House Co-op: Multiple Partner Types
- Home or Office Finish-out & Furnishing using recycled **office furniture**, flooring and fixtures.
- Supportive EcoVillage Communities



Click [here to see where office furniture is coming from](http://www.ecoserv.eco) or see website: [www.ecoserv.eco](http://www.ecoserv.eco)



: [www.ecoserv.eco](http://www.ecoserv.eco)



## MONTANA CO-OP: **Get Well Co-op**

### Current Projects:

- Get Well [Retreats](#) (in Hot Springs & Ronan, MT)
- Cooking and Food Prep Classes
- Creating Healthy Body and Home Products
- Dance & other Exercises (multiple forms)





## **MONTANA CO-OP: SUSTAINABLE JOBS**

### **Current Projects:**

- Finishing out Small Homes and Offices in Ronan
- Options include Electrical, Office Furniture, Greenhouse, Fireplace, Solar, Studio, Storage, etc.
- Get Well Retreat Co-op
- Jobs in the food production chain: Gardens, Kitchens, and Markets: collaboration with schools

## **MONTANA CO-OP: SHARING ABUNDANCE**

### **Current Projects:**

- Donation of Produce to Local Food Box program.
- Free Meals from Kids Co-op Nutrition Kitchen
- Grow a Row for All Campaign (into School CSA's)
- Squash - Seed to Spoon, surplus shared...
- Donation and Sale of surplus Office Furniture...