

Oshkosh Food Co-op Launches Grocery Gad – Weekly Walking Club – on May 16

(Oshkosh) – The Oshkosh Food Co-op, Northeast Wisconsin’s first community-owned grocery store, is launching the region’s first Grocery Gad. The Grocery Gad is a weekly walking club for members of the public who want to take a one- to two-mile walk with people who share a similar interest.

The Gad draws its name from the definition of the word gad, which means to go about from one place to another in pursuit of entertainment. The Grocery Gad will launch from the Oshkosh Food Co-op parking lot on Monday evenings, beginning May 16 at 5:30 p.m., through the end of September. Following each week’s walk, the Co-op will offer free snacks for participants.

“It’s a fun, easy way to get some steps in, while building a sense of community,” said Kianna Fiedler, Marketing Manager, Oshkosh Food Co-op. “We want to give members and non-members the chance to meet and get to know one another, while taking a spin on some of central Oshkosh’s most picturesque routes.”

Member-owners Chris Arnold and Mary Weider will co-host the weekly Grocery Gad. The duo says they will strive to make each outing inclusive, filled with kindness and cheer. Routes will change each week and include strolls along the Riverwalk, through the University of Wisconsin Oshkosh campus, to downtown and beyond.

“We know that one of the most important barriers people face in getting physical activity is having a social support system,” said JD Gildemeister, General Manager, Oshkosh Food Co-op. “This is one way the Oshkosh Food Co-op can help provide just that. And, it’s a fun way to do so!”

About the Oshkosh Food Co-op

Oshkosh Food Co-op offers shoppers a 4,800 square foot retail grocery store with a full line of products including fresh fruits, vegetables, packaged goods, meat and fish, dairy, beer and wine, household products, health and wellness, and grab 'n go items for lunch and dinner from The Kitchen. Modeled after member-owned grocery stores in Wisconsin and nationwide, Oshkosh Food Co-op organized in 2013. The Oshkosh Food Co-op is owned by nearly 1,900 member-owners. Individuals and organizations from throughout the region are invited to help the Co-op realize its vision — to strengthen local economies, promote health, and build communities — by purchasing ownership shares. An ownership share costs \$180, payable all at once or in 18 \$11 monthly installments. The Oshkosh Food Co-op is a member of National Co-op Grocers. To learn more, and to become a member-owner, visit www.oshkoshfoodcoop.com/join

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