



# SPIRAL NATURAL FOODS

Co-op & Grocery

## Board of Directors Application

NAME \_\_\_\_\_ MEMBER # \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_ EMAIL \_\_\_\_\_

What nights of the week are you available to meet? \_\_\_\_\_

Do you have daily access to a computer? \_\_\_\_\_

Are you comfortable using email and the internet? \_\_\_\_\_

Are you willing to check your email regularly and actively engage with/respond to board member communications? \_\_\_\_\_

Are you able to commit to a minimum of four hours a month and, more often, six to eight hours a month, for board business? \_\_\_\_\_

How long have you been an Owner of Spiral Natural Foods? \_\_\_\_\_

**BIOGRAPHY AND PICTURE:** Please write a short biography (350 words or less) informing the voting Owners why you would like to serve on the Board of Directors for Spiral Natural Foods. Information above may be repeated in the biography if you feel it is relevant (voting Owners will only see the biography). The following questions are suggestions for content that might be helpful to voting Owners:

- Why are you interested in serving on the Spiral Natural Foods Co-op Board of Directors?
- What skills and experiences would you bring to the board? For example, do you have a skill or an interest that you could teach to others? Would you enjoy performing outreach functions to attract new owners? Do you love bookkeeping or writing? Do you have valuable professional expertise such as in graphic arts, law, accounting, nutrition, homeopathy, etc.
- Spiral Natural Foods' building lease will be up for renewal in the next few years. What vision do you have for the Co-op's location and growth over the next five to ten years?
- What are you passionate about? How would the Co-op's community see that passion in action?

Email this biography, as well as a picture of yourself, to [board@spiralnaturalfoods.coop](mailto:board@spiralnaturalfoods.coop). Be sure to edit and spell check your biography, as it will be printed "as is." Your application will not be considered complete until you have emailed both the bio and a photo to the above address. Hard copies will not be considered.

Application should be submitted to [board@spiralnaturalfoods.coop](mailto:board@spiralnaturalfoods.coop), or drop it off in the store (1250 S Frontage Rd, Hastings, MN 55033) by **July 15, 2018** close of business.