



BUILDING A POWERFUL UNION THAT FIGHTS FOR ECONOMIC, POLITICAL AND SOCIAL JUSTICE IN OUR WORKPLACES AND IN OUR COMMUNITIES.

UFCW 3000 leadership is provided by the Member-elected Executive Board which is made of rank-and-file UFCW 3000 Members from diverse workplaces, income levels and backgrounds. President Faye Guenther, Secretary-Treasurer Joe Mizrahi and Recorder Maria Milliron are the three elected UFCW 3000 staff members on the Board. Our Employers, elected officials, and community leaders respect us because they have seen thousands of UFCW 3000 members petition, picket, rally, and testify for fair wages, safe workplaces, racial justice, and pro-worker public policies. **When we fight together, we win together.**

Just hired? Welcome to our union!

Make sure you have completed your Membership Application by going to join.ufcw.org/join/3000



Being members of a union means we have each other's back, we work together to protect our safety and get the treatment we deserve at work, and we have a contract and job protections that we can enforce. Our union contract is a legal document our employer has to follow. These rights are hard-fought for by your fellow Union members. Everyone wants more security in their lives and a job in a Union workplace will help.

Join our next New Member Meeting

Join a New Member Meeting at ufcw3000.org/new-members



You'll learn about your new rights, benefits, and get a chance to ask questions of a Union Rep.

Weingarten Rights

You have the right to union representation if you are called to a meeting with management that could lead to discipline.

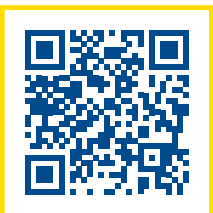
The employee must make a clear request for union representation either before or during the interview. Managers do not have to inform employees of their rights. Management cannot retaliate for requesting representation. Management must delay questioning until the union steward arrives. It is an unfair labor practice for management to deny an employee's request for a steward and continue with interrogation. In this case, an employee can refuse to answer management's questions.

Discipline? Contract violations? Call the Member Resource Center

If you or a coworker need help regarding an Investigatory Meeting, are facing Discipline or Corrective Action, or need to report Contract Violations our MRC Representatives will work with you on a plan of action.

Call the UFCW 3000 Member Resource Center at: 1-866-210-3000

Find your contract by going to ufcw3000.org/find-a-contract

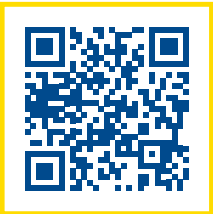


Contact your Rep.

Your Union Rep is there to help you build a strong union in your workplace and access union resources. If something seems wrong or unfair at work, your rep can help you and your co-workers organize to change it. If you have questions about your contract, benefits, or Union resources like the free college plan, you rep can help. If you're facing discipline, your Union Rep can connect you with the UFCW 3000 Member Resource Center. If you want more training on the job or want to get more active in the Union, your Rep can help. Your Union Rep may serve many different work locations, but you can always reach out to them by phone.



Find or contact your Union Rep by going to ufcw3000.org/staff-directory



Keep in touch!

Keep your personal contact information up-to-date if you move, change your phone number, or change your name so you don't miss out on important information like bargaining updates, Your Voice surveys, contract votes, union benefits, events and more!

Update your contact information at ufcw3000.org/update-your-information

Our quarterly **General Membership Meetings** for all union members happen every February, May, August, and November. Keep an eye out for your invitation to the next GMM in your mail and email boxes. You can receive a half-month credit on your dues when you participating in GMM meetings. This credit can also be donated to our Members in Need fund.

OTHER USEFUL CONTACTS:

Sound Health and Wellness Trust 800-225-7620
Delta Dental 800-554-1907
Kaiser Permanente 888-901-4636
Regence 855-895-1150

Vision Service Plan (VSP) 800-877-7195
Fidelity Pension 800-642-7131
Sound Trust (Zenith) 800-225-7620
OSHA 800-423-7233

UFCW 555 Investment Savings Plan/Trust
Employers Health Trust 866-796-7623
UFCW 1439 Rehn & Associates Trust
for insurance 800-872-8979

