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WHOLE FOODS CO-OP

GARBANZO GAZETTE



INSIDE:

- ▶ 10,000 Owners!
- ▶ Spring Classes + Events
- ▶ DENFELD Store Anniversary

SPRING 2017 The Fresh Issue

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GARBANZO GAZETTE

— PUBLISHED BY —

WHOLE FOODS CO-OP

The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Co-op to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners.

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www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:
Tuesday, May 1, 2017.

Refer submissions and questions to:
awade@wholefoods.coop

ADVERTISING

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www.wholefoods.coop/advertise and enter in your contact information to be added to our database of advertisers so you'll be included in future notifications about advertising opportunities.

The next ad reservation deadline is:
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For advertising questions, contact:
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SHARE THE LOVE

Before recycling this copy of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!



Management Report

by Sarah Hannigan, General Manager & WFC Owner

Spring Forward

The gardeners amongst us are dreaming of what we'll plant, tend and harvest this year. We're looking at seed catalogs, getting ready to begin our gardens inside, under lights. As much as we're looking ahead, we're also looking back. Gardeners know that the season past always sets the stage and informs the potential for what is ahead. As Spring teases, yet promises to emerge, it only seems fitting to glance back at our year as we prepare to embark on this new season.

Community

Our community has grown tremendously in the past year. We settled into new neighborhood, greeted hundreds of new Owners (there are now over 10,000 of us!!), and welcomed dozens of new staff. As our community grows, so does our ability to make positive and lasting impact.

Our second store has helped support a 22.4% increase in purchases from area farmers and producers. In 2016 we purchased over \$1.3M worth of fruits, vegetables, eggs, meat, coffee, chocolate, granola, bread, cheese and other items from 110 small, independent businesses located in the Superior Compact Bioregion.

Our community also recognizes the value of our business. In January, WFC won in three of The Reader's Best of the Northland awards: Best Grocery Store, Best Customer Service and Best Green Business. In the history of these awards, only two other businesses were recognized in three categories, and both were restaurants. Our staff deserve all the praise and recognition for our Co-op receiving these honors. Thank you, thank you!

Cohesion

The need for cohesion at this time cannot be understated. This is playing out in the larger social and political landscapes, but also here at our Co-op.

Over the past year we became Hillside and Denfeld. Two stores, yet still one Co-op. We have become stronger as we've learned to how to maintain consistency of identity, service and culture while operating in two Duluth neighborhoods. We've made some operational changes to the management team to support cohesion between the stores, and to better align sales with personnel expense. Michael Karsh, long-time Co-op employee and former Hillside Produce Manager now serves as Operations Manager, overseeing day-to-day operations at both stores.

Similarly, WFC Produce Manager, Nick Sarris and WFC Deli Manager, Faith Koenig now work across both stores, ensuring consistency in product offering and supporting a cohesive experience at both Hillside and Denfeld.

In January, 87% of eligible staff turned out to vote in an election to decide on whether to unionize. The final results were 43-42 in favor of representation by UFCW Local 1189. Over the coming months I look forward to working cooperatively with UFCW Local 1189 and the newly formed collective bargaining unit to negotiate toward a mutually beneficial contract for our employees and our Co-op. Both UFCW Local 1189 and the National Cooperative Grocers (the association of retail food cooperatives that WFC has been a member of since 1999) carry the same tagline: *Stronger Together*. I believe this bodes well for finding unity ahead.

Connection

The very nature of a cooperative calls for connection. The foundation of our business model is relationships, and we're always looking for opportunity for more authentic and meaningful connection in these relationships.

One way we're reaching out to our new Owners is by introducing quarterly meet-and-greets to provide those who recently joined the co-op an opportunity to learn more about who we are and how we're much more than a place to buy groceries. The events will include a tour our store, tips on how to get the most from your shopping dollar, and the opportunity to meet fellow Owners. While these events are geared toward new Owners, all are welcome to attend. I look forward to meeting some of you at the next event.

We're also setting the table for connections beyond those made in the aisles, across shopping carts. WFC is now hosting receptions for the talented artists who share their work on the walls of the eating areas in both stores each month. We're also offering free drop-in yoga classes and family fun events, as well as a new line-up of new classes on cooking, gardening and healthy living.

This year we're also planting the seeds for ways to engage and delight our Owners, new partnerships to further root our Co-op in the neighborhoods and greater community, and new opportunities to blossom in the months ahead. And – of course – we're doing all of this while continuing our dedication to being the area's best grocery store and meeting the needs of our shoppers.

As always, I invite you to share your ideas and your requests and to communicate what you believe will make our Co-op a better place for our staff, for our Owners, and for our community. Feel free to reach out at shannigan@wholefoods.coop

In gratitude and cooperation,

Sarah Hannigan, General Manager WFC

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Our Collective Impact



by Sarah Hannigan, General Manager & WFC Owner

ENDS Feature: Damiano Center Kid's Café

Cooperatives that use the policy governance model articulate their mission through an ENDS statement. ENDS isn't an acronym, but rather, the ENDS provides the answer to the question, "What will be different because this co-op exists?"

Whole Foods Co-op's ENDS is "In Duluth there is a thriving consumer owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system."

One way WFC achieves its ENDS is through the Reduce, Reuse, Recycle (RRR) Program. For every shopping trip where customers bring their own reusable bag, WFC donates \$0.10 to a non-profit organization or program in the community. WFC Owners selected Damiano Center's Kids Café as the 2017 RRR program recipient.

Kids Café works in Duluth's Central Hillside to reduce childhood hunger and malnutrition by providing youth with healthy meals and food to take home on the weekend, nutrition education, a nurturing and fun place for kids after school and in the summer time. Each year Kids Café serves 400-500 individual children.

The program was started in response to a growing number of children coming to the Damiano Center's Soup Kitchen unaccompanied by an adult. It was apparent that there was a major, unmet need in the neighborhood. Kids Café was developed to make sure children in poverty have access to quality, healthy food, and also an engaging and nurturing environment.

Kids Café emphasizes nutrition education through the fun, hands on experience of preparing food, and also offer organic gardening. Participants also do art, engage in physical activities and other activities to honor the culture and heritage of the diverse children who come to Kids Café.

Throughout the 2017, monthly donations from WFC will allow Kids Café to expand programming and activities for youth in the community. Typically, between 5,000 and 7,500 customer transactions per month result in an RRR donation; last year's RRR recipient, Growing Farms, received a total of \$7,841 throughout the year.

The more you bring your bag, the greater our collective impact! **WFC**

"In Duluth there is a thriving consumer owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system."



The Kids Café emphasizes nutrition education through the fun, hands on experience of preparing food.



Update on Union Organizing Efforts

WFC EMPLOYEES ELECT TO UNIONIZE

On January 26th, Whole Foods Co-op employees voted on whether to be represented by the United Food and Commercial Workers Local 1189. The election was conducted in accordance with standards set by the National Labor Relations Board, and the vote was 43 in favor of, and 42 against representation by the UFCW.

Throughout the organizing process, Whole Foods Co-op management encouraged an open and respectful conversation among the staff, and conveyed to each employee that there would be no discrimination or unfair treatment towards anyone because of their opinion. General Manager Sarah Hannigan's clear and consistent message throughout stressed inclusiveness in the process, and the need for cohesion amongst staff following the election, regardless of the outcome.

The entire management team at Whole Foods Co-op is dedicated to maintaining the positive and fair workplace we all enjoy, and looks forward to negotiating in this spirit while developing a constructive and mutually respectful relationship with UFCW and the newly formed collective bargaining unit.



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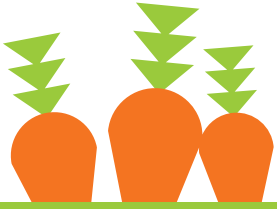
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e-group address to communicate with entire Board and the General Manager:
wfcbod@wholefoods.coop

To leave a call-back request for a Board member call:
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Letters sent to the following address will be forwarded unopened to the Board/Board member:

Board members
c/o Whole Foods Co-op
610 East 4th Street
Duluth, MN 55805

SARAH HANNIGAN
General Manager
Whole Foods Co-op
610 E 4th Street
Duluth, MN 55805
P 218.728.0884 | ext. 101
shannigan@wholefoods.coop
www.wholefoods.coop

INTERESTED IN HOW THE BOARD WORKS?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you'd like to speak to the Board on any topic, you are welcome to participate in the Owner Listening Sessions at the beginning of each Board Meeting. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time constraints at the Board meeting. Board meetings are at 5:30 PM on the 4th Monday of every month, subject to change due to holidays and Co-op events.



Board Report

by Jean Sramek, WFC Board President

Co-op Directors: a Team of Experts

Serving on the WFC Board of Directors is challenging, rewarding work. (Recruitment committee chair Mickey Pearson talks about the application requirements and election process in this issue's "Owner Matters" on the adjacent page). Because we are stewards of a business doing nearly \$19.5 million in annual sales, and servant-leaders to 10,000 Owners, we naturally strive to maintain high standards for people who serve on the Board.

“To serve on a co-op Board, you don't have to be an expert in your field. But you do have to be an expert cooperater. As awesome as our current Board members are individually, we are an even more awesome team. Each of our 10,000 + Owners is a potential addition to that team.”

If you asked us to describe our dream team — seven candidates who are ideally suited to serve on the board — one might guess that we'd come up with a team of "experts." A lawyer and an accountant, for instance. A marketing whiz. An MBA. A banker, the owner of an IT firm, an executive chef. Sounds like a highly qualified team, right?

Yes. But not necessarily the best people for the job. Our dream team could just as easily be a plumber, a fiber artist, a nurse, the owner of a food truck, a stay-at-home dad and an adjunct professor of geology.

What Makes a Great Board Member?

While every person elected brings unique strengths to the Board, what ultimately makes people expert Board members are other qualities:

- Willing to learn and practice sound Board governance and policy
- Passionate about the WFC and the cooperative business model
- Invested in our community's success
- High standards of ethics and professionalism
- Ready to commit to the time necessary for Board service
- Clear and effective communication

To serve on a co-op Board, you don't have to be an expert in your field. But you do have to be an expert cooperater. As awesome as our current Board members are individually, we are an even more awesome team. Each of our 10,000 Owners is a potential addition to that team.

As always, Owners are welcome to attend the open session of any monthly Board meeting, and you can contact the Board if you have questions about running for a Board term.

WFC | wfcbod@wholefoods.coop

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Ownership Matters



by Mickey Pearson, WFC Board Secretary

Board Recruitment is in Full Swing

The beginning of an election year is always an interesting time for my work on the WFC Board. While recruitment for Board elections is technically an ongoing campaign, work in the first few weeks of January begins in earnest and I am busily scheduling meetings with people, discussing the work of the Board and encouraging them all to put their names in the hat.

One of more revealing aspects of these meetings is the self-reflection it requires. Everyone wants to know why they should run and what the work of the Board is like. At the beginning of my first term, I was in it because the co-op was my place for organic foods and I was looking for something to get me out of the house when I was a stay-at-home parent. My 2012 application read: "WFC is not only our resource for teaching our kids the value of healthy food, but is an important hub for social interaction and community building. I want to give back to WFC and my fellow members and help continue the legacy."

"We are a local business whose growth and development helps our region in diverse and unique ways... We are more than a grocery store; we are an engine for sustainable and community focused growth."

While all of these things are still true, the work and education I've received have illustrated where our grocery co-op sits in relation to our own community and economy. We are a local business whose growth and development helps our region in diverse and unique ways, from our charitable donations to local non-profits to the simple patronage rebate in your mailbox to becoming a reliable vendor for our local farmers. We are more than a grocery store; we are an engine for sustainable and community focused growth.

So, I turn to you, dear reader, to ask for your help and guidance in the coming years. I want you to turn your interest in the Co-op into an opportunity for leadership and learning. You can serve with a group of thoughtful and committed leaders, all of us working together to help guide our beloved

co-op through victories and challenges. Having read this far into my article already counts you among the more committed owners! Take the next step! Have a look at the Board election requirements for this year.

2017 Board Election Requirements:

- Be a Primary WFC Owner for a minimum of ninety (90) consecutive days prior to application deadline
- Have attended one of the most recent 12 Board meetings before the August 1 deadline
- Be willing to attend monthly meetings and serve a three-year term
- Provide a current resume and references
- Participate in an interview, prior to the election, with members of the recruitment committee
- Review and fill out the Board Application Packet and turn it in to any WFC Board member or send your packet to the store.

A reminder about the newer process: In 2015, the Board implemented new facets for applicants. Along with the typical application packet and Board meeting attendance, candidates are asked to submit a resume and references, as well as participate in an interview with two current Board members. In a contested election, the Board will use this process to denote the most highly qualified candidates in all election materials. The end result will ideally provide clarity for voters, an election process in keeping with best practices of our fellow grocery co-ops, and a healthy, vibrant and professional Board of Directors.

If you are interested in running for the Board, don't hesitate to contact me. I'm always eager to sit down and hear what you're interested in. A contested election with a full slate of candidates is goal #1 and I want to see your name on the ballot this fall! [WFC](#) | wfcbod@wholefoods.coop



WHOLE FOODS CO-OP

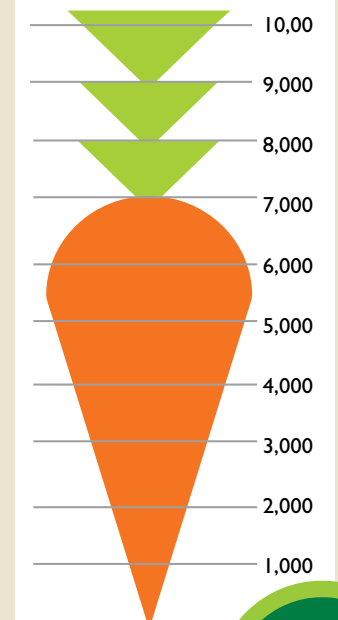
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- ▶ Discounts on WFC U Classes at the Co-op.

10,025 OWNERS!



WE REACHED 10,000 OWNERS!

In February we reached a huge milestone! As of this printing, the Co-op has 10,025 Owners!

WFC is pleased to be a hub of cooperation and community for some many of our friends and neighbors!

BECOME AN OWNER!

Current Ownership investment: \$100 per voting membership.

Further ownership information is available at the Whole Foods Co-op website and in the store at the Customer Service Counter.

www.wholefoods.coop/ownership



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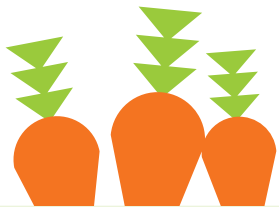
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ENROLL YOUR KIDS!

The Co-op Explorers Club is a benefit for the children of all of our shoppers. In the first half of the 2017 fiscal year (July 1 – December 31, 2016) over \$2,150 worth of fruits and vegetables have been enjoyed by our Co-op Explorers at no cost to their families. Enroll your kids today at either the Customer Service Counter at either WFC location.

PLEASED TO MEET YOU!

What better way to build community than to meet and greet each other? WFC is now hosting quarterly events for new Owners. Take a tour of the store, enjoy some treats, learn more about your Co-op, and meet some staff and fellow Owners. Stay tuned for our next New Owner event this May!

DENFELD CERTIFIED ORGANIC!

In January the Denfeld store became officially recognized as a Certified Organic Retailer by Midwest Organic Services Association. This certification provides assurance to customers that WFC goes the extra mile to ensure that organic product integrity is maintained throughout our operations. The Hillside store has been certified since 2007.



March Food Drive

Minnesota FoodShare Campaign

It's time once again for the Minnesota FoodShare March Campaign. Each year Whole Foods Co-op participates in a "round-up" at the registers, and collects non-perishable foods to help local food shelves meet the needs of people in our community who are experiencing hunger and food insecurity.

The FoodShare campaign brings together various Minnesota organizations, businesses, and places of worship to help keep 300 food shelves statewide stocked throughout the year, and is the largest grassroots food and fund drive in the state. Last year the campaign raised \$8.2 million dollars and 5.2 million pounds of food, the most in its 34 year history.

Minnesota Co-ops contributed in a big way to that success, raising nearly \$100,000 dollars for last year's campaign. Whole Foods Co-op shoppers contributed more than \$8700 to that total, and also donated 944 pounds of non-perishable food items.

What a great thing you did!

This year Whole Foods Co-op will once again partner with other Co-ops across the state for the campaign in March. Our locally raised donations will be earmarked to benefit the CHUM Foodshelf, so you know you will be helping people right here in our own community when you donate.

We envision a Minnesota where all residents have access to healthy food and no one suffers from hunger. Our shoppers have historically been very generous during this campaign, so this year we've set some big goals. We hope to raise \$10,000 dollars (that's less than one dollar per WFC Owner!) and 1000 pounds of food this year. You can help by "rounding-up" at the register when you check-out with your purchases throughout the month of March and by dropping non-perishable food items into our collection carts the weekend of March 11-12.

We're proud of the contributions made each year by our Co-op shoppers, and THANK YOU for being part of the solution to hunger for so many in our community.

WFC



ROUND UP at the register in March!

From March 1 – March 31, Whole Foods Co-op will be accepting donations for **CHUM Food Shelf**. Make a **monetary donation** by rounding up your purchase total at the register.

Food donations will be collected by CHUM volunteers on **March 11 and 12**.

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10,000 Owners Strong!



In February, WFC welcomed our 10,000th Owner!

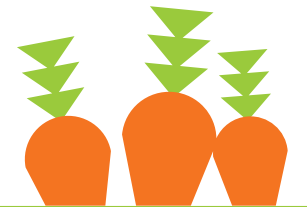
To celebrate the milestone, and to demonstrate the power of local, cooperative ownership, WFC made a donation to support Second Harvest Northern Lakes Food Bank in rescuing 20,000 pounds of food to be redistributed in our community. The donation will provide 16,000 meals to help address hunger right here at home. And why 20,000 pounds? 2 stores x 10,000 Owners! So much to celebrate!



Front End Lead Anna and Hillside Manager on Duty Lisa joined General Manager Sarah in a tour of the Food Bank facility. Photo credit: Lisa Moran Photography

Continued Support

WFC and Second Harvest are long term partners in fighting hunger. Four times a week, surplus perishable food is picked up at the Denfeld and Hillside stores by Second Harvest's food rescue team and is delivered directly to Twin Ports programs feeding people in need. Through the partnership over 384,000 pounds of surplus food has been distributed since 2005, providing over 307,000 meals. **WFC**



LOCAL Matters

Check out these organizations working to make our LOCAL community food system better!

- ▶ **Growing Farms**
growingfarms.org
- ▶ **Duluth Community Garden Program**
duluthcommunitygarden.org
- ▶ **Lake Superior Sustainable Farming Association**
sfa-mn.org/lake-superior
- ▶ **Minnesota Food Charter**
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- ▶ **Land Stewardship Project**
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- ▶ **Young Farmer Coalition**
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- ▶ **Community Action Duluth** · Seeds of Success Program · Deep Winter Greenhouse Project
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The Co-op's donation to Second Harvest will provide 16,000 meals to help address hunger in our community. Photo credit: Lisa Moran Photography

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Co-op Voted Best of the Northland!



WOW...we're humbled. THANK YOU for voting us BEST Grocery Store, BEST Customer Service and BEST Green Business in the Reader's Best of the Northland survey. It's an honor to serve our community, and the recognition in 3 categories feels pretty darn good!

In the history of these awards, only two other business were recognized in three categories, and both were restaurants. Our staff deserve all the praise and recognition for our Co-op receiving these honors. We can't thank you enough!



Ayurveda in a Minute

by Bonnie Ambrosi, WFC Owner

This column offers bite-sized servings of Ayurveda, mini-lessons which I hope you will find both interesting and useful.

To Ve (gan) Or Not to Ve

Traditional Ayurvedic diet is not vegan. Eggs, meat and fish are generally off the menu, but dairy products feature prominently — in raitas (cooling yogurt-based side dishes), lassis (spiced yogurt-based drinks), and paneer (a form of soft cheese), as well as just plain milk to drink. Ayurvedic tradition considers milk sattvic — that is, balanced and conducive to peace and health.

However, in this era of factory farming, some Western Ayurvedists feel that the tradition needs to be updated. The Ayurvedic use of milk is rooted in a culture that reveres cows as sacred manifestations of Divine Mother, and the milk as a physical expression of the love of the Mother for her child. This is not the guiding principal behind modern mega-dairies.

So, as an Ayurvedic consumer, you have a couple of options. If you want to use dairy, buy the best quality, non-factory farmed milk you can find. The Co-op is committed to carrying organic, growth hormone-free dairy products whenever they are available, with preference given to local organics. (Labels on standard dairy products often state that there is no evidence that rBGH, or recombinant bovine growth hormone, is bad for your health. But look up some photos of what it does to the unfortunate cows.)

Or you can bid farewell to dairy products altogether. Recent years have seen a blossoming of dairy alternatives. There are “milks” based on soy, almond, rice, coconut, hemp, flax and cashew. Many are calcium-enriched to match the level of cow’s milk. It’s worth noting that vegan “milk” is nothing new. Soy milk is a very old element of Chinese cuisine, and almond milk was, according to Wikipedia, “a staple of medieval kitchens.” Vegan milk alternatives are not limited to liquid form, but also include nondairy yogurts, cheeses, margarines, and sour cream. Two favorites of mine are Tofutti “Better than Sour Cream Sour Cream” and Earth Balance Buttery Spread.

The Co-op owner’s manual states that “Whole Foods Coop is committed to providing as many non-dairy alternatives as possible for customers who prefer dairy-free products.” To ve or not to ve? Whatever you decide, the Co-op’s got you covered.

P.S. For more plant-based inspiration and camaraderie, check out The Vegan Cookbook Club which meets at the Mt Royal Branch of the Duluth Public Library on the first Thursday of every month at 11:30 AM. Can’t make the meeting? No worries— you can get the recipes and tips by email. Contact bonnieambrosi@gmail.com **WFC**

Ayurveda is an ancient science of holistic health. Bonnie Ambrosi is a certified Ayurvedic Health Educator and yoga instructor. Contact her at bonnieambrosi@gmail.com or visit grihastashramiyoga.com.

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By now you've probably seen the hundreds of purple Co-op Basics signs throughout our stores and hopefully you are enjoying these high quality products and rock bottom prices. Now we've EXPANDED the offerings included in the Co-op Basics program to help you save even more!

Whether you're a student shopping for yourself or a family on a budget, there's no reason healthy organic food shouldn't have a place in your grocery cart.

If you haven't been shopping Co-op basics yet, here's the deal: We may be a small locally owned grocery store, but that doesn't stop us from working hard to find creative ways to give you choices that help you save money. WFC works with more than 150 other food Co-ops across the country to purchase products as one large buying group to lower our costs — savings we pass on to you!

Co-op Basics offers a variety of staple organic and natural foods and household goods at prices below — often well below — suggested retail price. Everyone can benefit from these lower prices — no need to enroll in a special program.

With Co-op Basics, you know you are getting the best possible deal every day. Our Co-op Basics prices are as LOW as we can go so Owner Appreciation discounts, special order discounts and staff discounts do not apply to these items.

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WFC has a commitment to promoting healthy choices for our shoppers, staff and environment, but we know organic foods can sometimes seem out of reach for some shoppers. With our Co-op Basics program, everyone can afford to put delicious organic food on the table! **WFC**



More ways to **SAVE**
at the Co-op!

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BUY ONE, GET ONE FREE
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Want to get deals like this?

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Each Wednesday, participating Owners receive an email with an exclusive deal for the week. To sign up and start saving, send an email to info@wholefoods.coop with your current email address or go to wholefoods.coop/coupons/

ACCESS DISCOUNT



Do you participate in a limited-income support programs like SNAP, WIC, Section 8, HRA Housing Programs, the AEOA Energy Assistance Program? If so, the Access Discount Program can help you save 10% on all eligible purchases every day! For details, including how to enroll in the program, see the Access Discount Program brochure available at the Customer Service Counter. The Access Discount does not apply to: special orders, purchases made with WIC vouchers and/or Co-op Basics purchases.

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Those who qualify for the ACCESS DISCOUNT can also receive help paying for the balance of Owner equity through the Fran Skinner Memorial Matching Fund. For details, see the MEMORIAL MATCHING FUND brochure available at the Customer Service Counter.

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- March 23 :: Kelly Dupre :: Cupcake Decorating

www.duluthartinstitute.org

Interested in Teaching?



QUESTIONS?

If you have questions about Co-op classes or are interested in teaching a class at the Co-op, contact:

218.728.0884

brand@wholefoods.coop

APRIL

Gardening 101

Marci Strack & Sharie Narlock

Thursday, April 6 | 6:00 PM – 7:30 PM

HILLSIDE Classroom

\$10 for WFC Owners, \$12 for non-Owners
Registration required. Limit 20.

Two generations of gardeners will be delighted to share their tips for successful "sowing and growing." Join Marci from our Produce Department and her mother, Sharie — both devoted Northland cultivators — for a class designed to get you gardening!

Sharie has cultivated ground for both vegetable and flower gardens for 44 years and Marci has followed in her footsteps for 7 years. They have learned how to work with a variety of soil types and enjoyed produce from container gardens to large yard gardens. Come hear what they have to share about gardening basics!

Kids In The Kitchen: Pizza Party!

Manuel Ojeda

Saturday, April 8 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 15.
Recommended age: 5 – 12 years.
Accompanying adults may sit in if they choose.

Kids in the Kitchen students will learn how to make their own pizza — from making and throwing the dough, to preparing the sauce and all of the yummy toppings — come ready to cook, and eat!

Manny graduated with a culinary arts degree from Saint Paul College in spring of 2014. He took first place at the "Taste of Art" Chopped Competition that year. He has been working in different kitchens for the past 8 years in Minneapolis. A father himself, Manny loves to teach children different cooking techniques and has a lot of fun working with kids in the kitchen.

Thyroid Madness

Karen Pringle

Tuesday, April 11 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

\$10 for WFC Owners, \$12 for non-Owners
Registration required. Limit 20.

Did you know? Anxiety, depression, PCOS, infertility are all related — come learn what we need to know when living in the Great Lakes region and what we can do about this thyroid epidemic.

Karen has been an intuitive, plant-based educator for over 31 years. She has also trained in Raw and Vegan cuisines as well as herbalism and massage therapy. She has been practicing through her Cloquet-based business, *Naturally with Karen*, for 14 years and is an author and medicine woman. She makes getting healthy fun and simple.



Co-op Community Education

Taught by Local Experts, Community Members, WFC Owners & Staff

CO-OP Yoga

Joella Erin

Fridays, April 21, May 19, June 16
5:30 PM – 6:30 PM

DENFELD Classroom

FREE! No registration required. Limit 10.

Join us for a relaxing yoga session in our Denfeld classroom. All levels welcome, bring your own yoga mat if you're able.

Joella Erin offers affordable yoga and massage downtown at her Duluth studio, JEM. Joella creates a distinct, uplifting experience for her yoga practitioners, where every individual is made to feel successful and empowered, achieving a sense of fulfillment regardless of age, skill level or body type.

Essentials of Pregnancy Nutrition

Margo Nelson

Saturday, April 22 | 11:00 AM – 1:00 PM

HILLSIDE Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 15.

Calling all expectant mothers, and those who expect to be expecting! We will gather to learn about what it takes to stay as healthy as possible during your pregnancy through proper nutrition. Instructor Margo Nelson will teach delicious recipes that will keep you in peak condition while you prepare to greet your little one. Whether you are a new mom, or have been here before, you're sure to learn a lot about taking care of yourself during this special time!

Margo is a Traditional Midwife who has been studying all things pregnancy and birth since 2011. She moved to Duluth in 2016 to start her own midwifery practice, Duluth Midwife. She is also a Co-Director of the new Indie Birth Midwifery School where she will also be teaching. She resides on the Duluth Hillside with her partner Russell and daughter Celosia.

Fighting Sugar and Carbohydrate Addiction

Michelle Russell

Thursday, April 27 | 6:00 PM – 7:30 PM

DENFELD Classroom

\$10 for WFC Owners, \$15 for non-Owners
Registration required. Limit 20.

Carbohydrate and Sugar addiction is something many of us struggle with on a daily basis: A compelling hunger, craving, or desire for carbohydrate-rich foods; an escalating, recurring need or drive for starches, snack foods, junk food, or sweets, often leading to severe health problems. In this class, Michelle Russell will go over sugar and carbohydrate addiction and teach you how to break the cycle and get control of your cravings.

Michelle Russell, CHHP, CHTP a certified Holistic Health and Healing Touch Practitioner is a well-known advocate of bridging the worlds of mainstream and natural medicine. She is an educator and speaker and shares her passion for holistic health care throughout the Northland.

Raw Cheesecake!

Karen Pringle

Tuesday, May 9 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 20.

Did we mention... Cheesecake! We will learn to make raw cheesecake in two flavors, Chocolate Mocha and a fresh fruit variety (to be determined). Come taste stellar, delicious nutrition and learn the ease of healthy food preparation which increases Life Force energy!

Confident Cycle Commuting

Shawna MullenEardley

Thursday, May 11 | 6:00 PM – 7:00 PM

DENFELD Classroom

\$10 for WFC Owners, \$15 for non-Owners
Registration required. Limit 20.

Do you want to try out bike commuting, but have some fears? In this encouraging presentation and demonstration you will learn how to overcome the barriers you might have to trying out bike commuting. Boost your confidence to try out bike commuting by learning what to expect and how to prepare. Practical information discussed will include changing lanes, lane and intersection positioning, what to wear, route selection, and traffic law.

Shawna MullenEardley is a Certified League Cycling Instructor through the League of American Bicyclists and the Active Transportation Coordinator for Healthy Duluth. She has been bike commuting for 5 years and is in her third year of year-round bike commuting. She is a board member of the Bicycle Alliance of Minnesota, serves on the Bicycle and Pedestrian Advisory Committee and the Transportation Advisory Committee for the Duluth-Superior Metropolitan Interstate Council, and is a founding member of the Duluth Bicycle Coalition.

MAY

Kids in the Kitchen: Mother's Day Brunch!

Manuel Ojeda

Saturday, May 6 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 15. Recommended age: 5 – 12 years. Accompanying adults may sit in if they choose.

In this class, Kids in the Kitchen students will learn to prepare a delicious and healthy brunch, perfect for Mother's Day — and Father's Day too! We will make a variety of tasty brunch staples and hopefully give mom's, and dad's, a day off from the kitchen!

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Preparing for the Postpartum

Margo Nelson

Saturday, May 13 | 11:00 AM – 1:00 PM

HILLSIDE Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 15.

You've learned about how important good nutrition is during pregnancy, but did you know it's just as important (if not more so!) to continue to eat well after your new baby has arrived? Midwife Margo Nelson will go over what it takes for your body to heal after your pregnancy. Whether you are nursing, experiencing sleepless nights or going through any of the other myriad of changes and challenges having a new baby creates, Margo will help you learn the steps you need to take to stay on top of it all!

Margo is a Traditional Midwife who has been studying all things pregnancy and birth since 2011. She moved to Duluth in 2016 to start her own midwifery practice, Duluth Midwife. She is also a Co-Director of the new Indie Birth Midwifery School where she will also be teaching.

Family Biking!

Shawna MullenEardley

Saturday, May 20 | 11:00 AM – 12:00 PM

HILLSIDE Classroom

\$10 for WFC Owners, \$15 for non-Owners
Registration required. Limit 20.

Biking is a fantastic way to spend quality time with your family, but it can also be intimidating and even a bit scary when you first try to get out with your young riders. In this family-friendly class, Shawna will go over what families need to know to bike together safely and with confidence, including equipment, rules of the road, bike safety and other tips to help you get out and enjoy the ride!



Wild Foods Cookery: Foraging a Springtime Wild Salad

Gil Schwartz

OFFERED AT BOTH LOCATIONS!

Saturday, May 27 | 10:00 AM – 12:00 PM

HILLSIDE Classroom

Saturday, May 27 | 2:00 PM – 4:00 PM

DENFELD Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 20.

Delve into a whole new world of flavors in this hands-on foraging and cooking class focused on the amazing wild salad greens growing all around us! During the first half of the class we will take a stroll around the neighborhood, identifying several of the best springtime edible greens and learning about responsible harvesting. We will then bring some of these plants back to the Co-op and transform them into a unique salad topped with toasted black walnuts and a maple vinaigrette.

Gil Schwartz, professional forager and founder of Seasonally Sourced Foods, has had a lifelong passion for discovering, experimenting with, and enjoying the many edible plants, fungi and animals found across Minnesota and Wisconsin.



JUNE

Savory Rhubarb Recipes to Benefit CHUM

Beatrice Ojakangas

Saturday, June 3 | 10:00 AM – 12:00 PM

HILLSIDE Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 20.

Rhubarb — not just for dessert: join us as we explore the many delicious ways rhubarb can add zest and interest to your everyday meals. For example, we will prepare simple Skillet Chicken with Rhubarb, Sausage with Chard and Rhubarb, Braised Lamb Shanks, and other savory main dish preparations. All proceeds from this class will be donated to CHUM to continue their work providing emergency food, shelter, advocacy, support, and outreach throughout Duluth. Mark your calendars — this year's Rhubarb Fest is Saturday, June 24th.

Beatrice Ojakangas grew up on a small farm in Minnesota and graduated from the University of Minnesota-Duluth. Childhood 4-H, college Home Ec., and work as a hospital dietary assistant, food editor, teacher, homemaker, and mother influenced her cooking career and her food writing for such publications as Gourmet, Bon Appetit, Cooking Light, and numerous other magazines and newspapers. Ojakangas is the author of twenty-nine cookbooks and was inducted in 2005 into the James Beard Cookbook Hall of Fame. She received an honorary Doctor of Humane Letters from the University of Minnesota in 2007.

Mountain Biking for Beginners with COGGS!

Pam Schmitt

Saturday, June 10 (rain day June 24)
11:00 AM – 3:00 PM

DENFELD Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 20.

The Cyclists of Gitchee Gumees Shores (COGGS) have been instrumental in making Duluth one of the premier cities for Mountain Biking, thanks to their beautifully maintained trails and their dedication to educating newcomers to the sport. Whole Foods Co-op is excited to partner with COGGS to help folks new to this sport learn more about mountain biking. We will begin with a practical lesson in our Denfeld classroom and then on to the trails! Come prepared with a bike in good working order, helmet, water bottle and comfortable (but not flowing) clothing. Experience Duluth will provide a shuttle to the trail from the Denfeld store. The ride will finish back at our store.

Pam has been enjoying life in the woods on two wheels since 2010, when her partner introduced her to the growing sport. Since then, she has continued to be immersed within the COGGS community: teaching and assisting at instructional clinics, leading group rides, and joining the Board of Directors in 2014 to help raise funds for building and maintaining the Duluth Traverse Trail. In 2016 she became a certified Level 1 Mountain Bike Instructor with the Professional Mountain Bike Instructors Association (PMBIA).

CLASS REGISTRATION

In person:
Stop by the Customer Service Counter and let them know that you would like to sign up for a WFC-U class. Cash, check, credit card and WFC gift cards are accepted.

By phone:
Please call 218.728.0884.
We do need payment at the time of sign-up, so have your credit card ready.

Online: www.wholefoods.coop

Drop-in: Drop-in classes do not require registration.


Owners receive a discount on WFC-U classes!

Additionally, all students who attend 8 classes get their 9th class free when they present a full (and signed) Frequent Learner Card.

FEES + CANCELLATIONS


Class prices vary. Please visit www.wholefoods.coop for more information. Registration, when required, must be completed 48 hours in advance in order for us to shop accurately for the class. Classes and lectures must have a minimum of six students signed up in order to take place.

Refunds or class credits will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.



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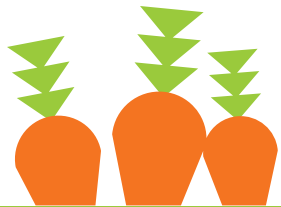
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What's Happenin'?



UPCOMING EVENTS

FREE Sample Fridays

12:00 – 1:00 PM, 5:00 – 6:00 PM
Every Friday

BOTH Co-op locations

FREE Wellness Info Sessions

11:00 AM – 12:00 PM, Every Sunday

DENFELD Whole Foods Co-op

Co-op Infusion Night

6:00 – 8:00 PM | Friday, March 10, 2017

Bent Paddle Taproom

Denfeld 1-Year Anniversary Week-long Celebration

March 13 – March 17, 2017

BOTH Co-op locations

FREE Family Fun Day

11:00 – 11:30 AM

Wednesday, March 15, 2017

Denfeld Whole Foods Co-op

FREE Co-op Yoga

5:30 – 6:30 PM | Friday, March 17, 2017

WFC DENFELD Classroom

FREE Family Fun Day

11:00 – 11:30 AM

Wednesday, April 12, 2017

Denfeld Whole Foods Co-op

Co-op Infusion Night

6:00 – 8:00 PM | Friday, April 14, 2017

Bent Paddle Taproom

FREE Co-op Yoga

5:30 – 6:30 PM | Friday, April 21, 2017

WFC DENFELD Classroom

Co-op Infusion Night

6:00 – 8:00 PM | Friday, May 12, 2017

Bent Paddle Taproom

FREE Family Fun Day

Wednesday, May 17, 2017

Denfeld Whole Foods Co-op

FREE Co-op Yoga

5:30 – 6:30 PM | Friday, May 19, 2017

WFC DENFELD Classroom



We're Social!

@WholeFoodsCoop

Follow us on social media to stay up-to-date with all the latest happenings at your Co-op!



DENFELD ANNIVERSARY DEALS!



Join us for a week-long anniversary celebration of our Denfeld location!

MONDAY, March 13

MMM, MMM! MONDAY
50% OFF Deli Hotbar purchases

TUESDAY, March 14

TASTY TUESDAY
BOGO chips (*limit 2 free bags*)

WEDNESDAY, March 15

WELLNESS WEDNESDAY
10% OFF Wellness purchases

THURSDAY, March 16

THANKFUL THURSDAY
10% OFF Produce purchases

FRIDAY, March 17

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Celebrate at BOTH WFC locations!
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