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**GARBANZO GAZETTE**



**INSIDE:**

- ▶ **New GIVE Program**
- ▶ **Fair Trade Feature: La Rioja**
- ▶ **Update on Duluth's Deep Winter Greenhouse**

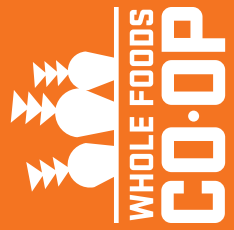
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**GARBANZO GAZETTE**

— 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.

**Editor:** Ali Wade

**Contributions:** Owners & Staff

**Design:** Emily Darnell

**Printer:** Pro Print

**Mailing:** Barcodes Plus

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The Garbanzo Gazette is printed on 100% post-consumer recycled paper with soy ink. This paper is recyclable.

The information in the Garbanzo Gazette is also available on our website at:

[www.wholefoods.coop](http://www.wholefoods.coop)

**SUBMISSIONS**

Submissions must be received one month prior to publication.

The next content deadline is:  
**Tuesday, August 1, 2017.**

Refer submissions and questions to:  
[awade@wholefoods.coop](mailto:awade@wholefoods.coop)

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Ad space is limited and will be reserved on a first come, first served basis for each issue. If you wish to advertise in the Gazette, visit our website at:

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The next ad reservation deadline is:  
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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

**Growing our Impact: Connecting and Welcoming Everyone**

As I've been settling in to my new role at our Co-op over the past eight months, I've been reflecting on a few questions: *How is our community better because of Whole Foods Co-op? What is our long-term impact on the community? What can our co-op do to better serve and be more relevant to our entire community?* In the answers lie the values of our business, as well as the value of ensuring our business continues to thrive.

Our Co-op's ENDS is rooted in supporting, investing in and partnering with others in our community. We're on track to grow our support of local farmers and producers this season — with purchases from those located in the counties surrounding Lake Superior anticipated to exceed \$1.3M for the calendar year. We also support local businesses through the Community Cooperation Program, which connects over 40 local businesses to Co-op Owners. Through the program, small local businesses are promoted to our 10,000+ Owners who can receive discounts on things like yoga classes, running shoes, coffee, coaching sessions and art supplies. Whether it's the purchases we make from farmers and producers, or the connections we facilitate between Owners and local businesses, our Co-op's long-term impact continues to strengthen the local economy.

Our Co-op began in the Hillside neighborhood, and strategically grew into the Denfeld neighborhood of West Duluth. While we are physically located in these neighborhoods, it's becoming more and more apparent that we can better serve and become more relevant to our immediate neighbors. When the 4th Street Market closed this winter, I participated in listening sessions where residents shared their needs as well as some of the perceptions about our Co-op's ability to meet these needs despite the proximity of our store. The conversations made me realize that to better serve our community, we must truly embody the "Everyone Welcome" signs on our doors.

In the past few months, our team has begun focused word-of-mouth and direct mail campaigns to get the word out about the products, services and job opportunities offered by our Co-op. We've brought MoneyGram services to the Hillside store at the request of our neighbors. We're strengthening and building new relationships that include working with the Fair Food Access campaign to ensure that canvassing teams are knowledgeable about our Co-op and what we offer. We're also working hard to expand inclusion and diversity in the workplace. Every day, and in so many ways, we're working to better represent, and better serve, our entire community.

As always, we're in this together. If you have thoughts about the value of our business or ideas about how we can grow our connections and our relevancy in our community, please reach out to:  
[shannigan@wholefoods.coop](mailto:shannigan@wholefoods.coop)

In gratitude and cooperation,

Sarah Hannigan, General Manager WFC

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# Our Collective Impact



By Co+op Stronger Together,  
National Co-op Grocers (NCG)

## Cooperatives Grow Communities: La Riojana Olive Oil

In the town of Arauco in the La Rioja province of Argentina stands the oldest olive tree in the country, planted in the 1600s. Although not native to Argentina, the Arauco olive is highly prized for its buttery smoothness and meaty texture, and for the robust floral and fruity flavor notes it contributes to olive oil.

There, in the Antinaco-Los Colorados Valley, the cooperative producers of Riojana extra virgin, fair trade organic olive oil are cultivating much more than their 350 olive trees. Through cooperation, they are growing a healthy, vibrant and sustainable community.

## Reinvesting Profits for Health and Education

La Riojana's founders came from Italy to Argentina in the 1940s and began cultivating grapes for the production of wine, and planting olive trees as a natural companion plant. Certified fair trade by Fairtrade International in 2006, the members of the cooperative have invested more than \$11 million Argentinian pesos (~ \$730,000 US), primarily from the sale of their fair trade organic wines, in projects including a new drinking water supply for the village of Tilimuqui, where many of La Riojana's workers and their families live.

The fair trade premium has also been invested in production improvements, new community centers and medical equipment, but the most visible result of the cooperative's reinvestment in its farmer members and their families can be seen in their commitment to education.

A new secondary school specializing in agriculture opened in Tilimuqui in 2010. Offering free education to children age 13-18, the school has had a profound impact on its community, providing a catalyst for local development, increasing employment by the creation of more than 50 new jobs at the school, and providing training in technical agronomy to help slow the migration of young people to larger cities.

Since 2010, enrollment in the school has grown from 33 pupils to more than 300. With plans to build new classrooms, the cooperative hopes to expand the school's capacity to 600 students in the next few years. The cooperative also provides kits of school supplies to children of its members, as well as free computer courses to adult community members.



## Focusing on Environment to Ensure a Bright Future

Besides supporting health and education, the cooperative is invested in green initiatives and sustainability, so transitioning more of its growers to become equivalency USDA Certified Organic is another important goal. With a focus on becoming carbon neutral, La Riojana Cooperative is introducing improved water management techniques, the use of solar and bio energy and a reforestation project.

When you purchase Riojana olive oil you are not just purchasing a delicious ingredient to enjoy, you are casting a vote in favor of cooperative, fair trade businesses — and helping more than 422 cooperative members continue to invest in a brighter future. **NCG**

*National Co+op Grocers (NCG) is a business services cooperative for retail food co-ops located throughout the United States. NCG represents 147 food co-ops operating over 200 stores in 38 states with combined annual sales over \$2 billion and over 1.3 million consumer-owners. NCG helps unify natural food co-ops in order to optimize operational and marketing resources, strengthen purchasing power, and ultimately offer more value to natural food co-op owners and shoppers everywhere.*



## The Power of Co-operation...



### SMALL CHANGE ADDS UP

The Minnesota FoodShare March Campaign wrapped up with Minnesota Co-ops contributing a whopping \$116,379.28 in cash and 9085 pounds of food to the effort to end food insecurity in the state. Whole Foods Co-op participated in a "round-up" at the registers at both of our Duluth stores, and we were thrilled to collect over \$10,000 dollars to replenish the CHUM Foodshelf thanks to the generosity of our shoppers and Owners.

With the increased buying power that food shelves have during the campaign, that donation will enable CHUM to purchase \$70,000 worth of food for families in need here in Duluth! That's pretty amazing and a testament to the power of co-operation!!

Due to this great success, we are continuing a year-round "round-up" at the registers, we call it our GIVE (Generously Invest in Vital Entities) program (see details on page 6) and are excited to harness the power of co-operation to benefit many outstanding organizations in our community!




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- March 9 :: Adam Swanson :: Acrylic Painting
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e-group address to communicate with entire Board and the General Manager:  
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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](mailto:shannigan@wholefoods.coop)

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**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

**Meet Me in the Future**

I'm a little obsessed with the movie Moana right now. Besides the fact that Lin-Manuel Miranda's songs are genius, and that Moana is a Disney princess (technically, chief) who gets my feminist stamp of approval, the overall message is that you should stay rooted in your past while looking to your future. It's good to find happiness in tradition, but you should also be fearless when it comes to adventure and risk-taking.

That's a pretty good metaphor for the trajectory that successful cooperative grocers have taken over the past half-century. As Board members, our job is governance. We ensure the success of our co-op by monitoring what is happening today, this month, last year, next quarter. But as visionaries and leaders, we ask, "What do we want to happen in five years? Where will we be ten, twenty years from now?"

As the WFC grows and moves into the future, we've become professionals at fulfilling our mission, and operating with the Seven Cooperative Principles in mind. Part of Principle Five (Education, Training and Information) is helping consumers make positive change for themselves and their communities. Co-ops can offer product choices, but we can also change thinking.

However, as we continue to increase our ownership numbers, our Owners become an increasingly diverse group of people. Our job as a co-op, and as leaders, is to meet our Owners and shoppers where they are.

Not every Owner is in the same place; Owner #26 is in a different place than Owner #284798, but both are equally

“As Board members, our job is governance. We ensure the success of our co-op by monitoring what is happening today, this month, last year, next quarter. But as visionaries and leaders, we ask, 'What do we want to happen in five years? Where will we be ten, twenty years from now?' ”

valid. Each WFC Owner is passionate about our co-op in her own way; each has something to contribute and something to say.


Part of the reason our co-op has grown and thrived is our community's willingness to “find happiness right where we are.” But it's our WFC Owners (from Owner #1 to Owner #10,170) who will be our way-finders to the future. **WFC**

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# Board Recruitment



by Mickey Pearson, WFC Board Secretary

**Last call to run for the Board!**

## Board Recruitment is in Full Swing!

Summer, glorious summer is upon us, co-op shoppers! When we're not peeling off layers to head up to Hermantown, we're altering our commutes, dodging road construction crews. While we relish this time of mild warmth and bask in the adoration of flocking tourists, I encourage you to consider Board service once more before the forthcoming deadline.

The ticking of this clock is somewhat bittersweet for the Board, as Maryann Bernard has decided not to run for reelection in 2017. Maryann joined the Board shortly after I did and has been a fantastic leader and steward of our Ends. Her calm, steady presence and thoughtful perspective will be missed by all of us.

With a seat now open, it's more important than ever that you step up to become a leader for one of the most effective and iconic local institutions. Here is your chance to bring your skills to the table, helping shape and define the future of Whole Foods Co-op.

### To run for Board:

- 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**



WHOLE FOODS CO-OP

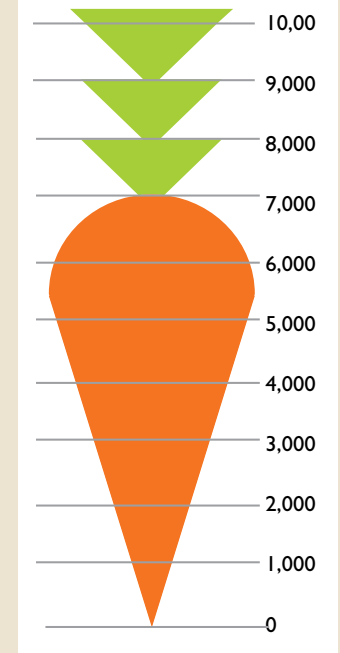
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- ▶ Patronage rebate eligibility when WFC is profitable
- ▶ Special order discounts
- ▶ Discounts at select area businesses
- ▶ Discounts on WFC U Classes at the Co-op.

**10,169 OWNERS!**



### BECOME AN OWNER!

Our Co-op currently has 10,169 Owners and we are continually growing! Sign up today to become one of our new Owners!

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](http://www.wholefoods.coop/ownership)

### WE WANT TO HEAR FROM YOU!

We will be conducting a shopper survey in June to get feedback about how we're doing!

Watch the WFC website, Facebook and in-store signs for info about how YOU can participate.

Your voice matters, so please take time to tell us what you think about YOUR co-op. Thanks! **WFC**

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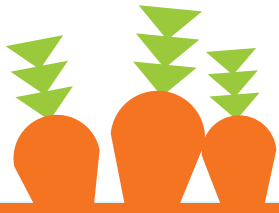
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**Co-op News Bites**



**FUTURE GIVE ROUND UP RECIPIENTS**

- June:**  
Duluth Deep Winter Greenhouse Project
- July:**  
Lake Superior Sustainable Farming Association
- August:**  
Northland Farm to School



**HOME RUN FUN**

Help us cheer on the Duluth Huskies baseball team on Thursday, August 10, 2017 for Whole Foods Co-op Night at Wade Stadium! Meet us at the ballpark for a night of family fun...

- August 10, 2017 | 6:30 PM  
Duluth Huskies vs. Rochester Honkers
- Special WFC Owners ticket rate \$4.00  
*(must present ownership card/keytag)*
- WFC giveaways, prizes, samples at the game!

Also, meet the players pre-game between 11:00 AM – 1:00 PM at our Denfeld Store.

**PLEASED TO MEET YOU**

What better way to build community than to meet and greet each other? Whole Foods Co-op 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 staff and fellow Owners. Join us in the Denfeld Classroom at 1:00 PM on Saturday, August 19!

**GIVE!**

**Help us GIVE!**

by Sara Kavajecz & Aaron Peterson  
Front End Managers & WFC Owners

**ROUND UP at the register!**



**G.I.V.E. (Generously. Invest. in Vital. Entities)**

We are doing our best to GIVE back to our community. The Front End Management, alongside our Brand Department have created a Round Up program for the Whole Foods Co-op Denfeld, and Hillside locations called GIVE or Generously Investing in Vital Entities. We looked at some of our fellow Co-ops in the Minneapolis/St. Paul area who have instituted similar programs, and at the great successes they have had in supporting their community businesses, non-profit organizations, and charitable entities and wanted to do our part to offer our neighborhood programs, and businesses the opportunity to further their ability to continue to do great work for Duluthians.

Each month a different organization will be chosen to be the recipient. We ask that a member of the organization comes in to the Co-op and highlights to our staff the work that they do to better our community — we can use this information to accurately inform all of you at the registers about who the recipient is and what work they do.

Rounding Up at the Co-op is a simple matter of letting your cashier know that you would like to Round Up the change. It may be that your donation is only 2 cents, or 90 cents; either way over the course of the month it all adds up. In the month of March we were able to raise \$10,600 for CHUM; pennies, nickels, and dimes at a time. Thank you to all of you who helped us to not only reach our goal, but surpass it! We greatly appreciate your support.

We look forward to the continued development of GIVE and are proud to provide our Owners and shoppers with this way to come together to support organizations that are working for the betterment of our entire community. We are grateful for your support and we will see you at the registers! **WFC**



**GIVE!**

**Round up in June**

**From June 1 – June 30**, Whole Foods Co-op will be accepting donations for **Duluth's Deep Winter Greenhouse Project**. It's easy to GIVE by rounding up your purchase total at the register! See page 12 of this issue for more information about this project.

*If you interested in learning more about becoming a GIVE recipient in 2018 please contact [awade@wholefoods.coop](mailto:awade@wholefoods.coop)*

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# LOCAL Love...



### SOL Lettuce

Loved by Claire Musech

Produce Buyer & Receiver & WFC Owner

Looking for a light, crisp way to freshen up your salad? Turn to SOL (Sustainable Local Organic) lettuce. These packages of various leaf and romaine varieties are delicious! SOL has created a truly sustainable model with a system that requires 10% of the land and water used in traditional agriculture. This hydroponic system also maximizes freshness and cuts on energy by eliminating cross country transport. SOL lettuce is as fresh as it gets!



### RED HOOF FARM Organic Grass-fed Beef Steaks

Loved by Erika Osterman

Denfeld Grocery Manager & WFC Owner

Red Hoof organic, grass-fed beef steaks are produced on the South Shore of Lake Superior in Port Wing, Wisconsin. They are great quality cuts at an awesome price!



### K'UL Superfood Bars

Loved by Erika Osterman

Denfeld Grocery Manager & WFC Owner

These K'UL Superfood Endurance bars are LOCALLY made in Minneapolis. They taste awesome and make you feel good about eating chocolate!



### ANGRY TROUT Salad Dressings

Loved by Lauren Berg

Hillside Grocery Clerk & WFC Owner

These are high quality dressings, with great flavor and a fun label. I'm proud to see WFC carry products from the Angry Trout Café in beautiful Grand Marais; I hope taking a bottle home will encourage customers to take a visit to the "Coolest Town in America" to check out the café!



### LOCAL Matters

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



- ▶ **Growing Farms**  
[growingfarms.org](http://growingfarms.org)
- ▶ **Duluth Community Garden Program**  
[duluthcommunitygarden.org](http://duluthcommunitygarden.org)
- ▶ **Lake Superior Sustainable Farming Association**  
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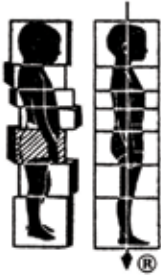
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- ▶ **Land Stewardship Project**  
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- ▶ **Young Farmer Coalition**  
[youngfarmers.org](http://youngfarmers.org)
- ▶ **Community Action Duluth** • Seeds of Success Program • Deep Winter Greenhouse Project  
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**218-349-2355**  
[karen@healing-point.com](mailto:karen@healing-point.com)

Karen Halverson, L.Ac., RN  
Masters in Oriental Medicine

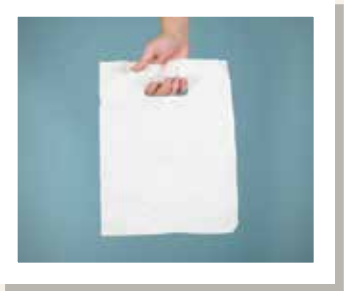


**Co+op News Bites**



**CO+OP EXPLORERS**

Let your kids explore free fruits and vegetables! The Co-op Explorers Club is a benefit for children of all of our shoppers, providing a free piece of produce each time you shop. Enroll your kids today at the Customer Service Counter at either the Hillside or Denfeld store, and have them check the Co-op Explorers basket every time they come in!



**BAG IT!**

Whole Foods Co-op has joined dozens of other sustainable businesses in the community in supporting the Bag It Duluth campaign. The campaign seeks to incentivize the use of reusable carry-out bags and environmentally preferable to-go food containers while phasing out single-use plastic bags. Learn more at [www.bagitduluth.org](http://www.bagitduluth.org).



**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.*

**Sweet!**

We love sweetness. It's a taste we crave. According to Ayurveda there are six basic tastes, and the first is sweet. Taste, in Ayurveda, is an indicator of which natural elements are present. When we taste something sweet, we're tasting Earth and Water and experiencing the cool, moist, heaviness of these elements. We find it soothing and calming.

That sweet taste comes from simple carbohydrates that we call sugars. You'll recall from science class that their names end in -ose, such as fructose, sucrose, glucose, maltose. A product that delivers those lovely sugars is called a sweetener.

Sweeteners can be more or less refined, depending on how far removed the product is from the plant that made it. Yes, plants make sugar to feed themselves! Sugar cane, corn, rice, barley, maple trees, beets, date palms — all photosynthesize sugars that humans have learned to harvest. Honey also comes to us from plants, specifically their nectar, via the miraculous labor of the bees.

Highly refined sweeteners like ordinary sugar and high-fructose corn syrup are the sweeteners that Ayurveda considers most "deranging" to the body, negatively affecting insulin production and liver function, creating congestion and ama, a sort of undigested sludge, and contributing to a restless or rajasic state of body/mind. Less refined sweeteners include molasses, brown rice syrup, barley malt syrup, maple syrup, agave nectar, stevia, honey, date sugar, and Sucanat (dried whole sugar-cane syrup). These products preserve more of the nutrients that are present in the plants, but not in large enough amounts to be significant.

The bottom line is that too many sugars of any kind can lead to increased risk of type 2 diabetes, hypertension, cardiovascular disease, obesity, and inflammation. And because sugars light up the pleasure centers of the brain and make us want more, they displace other foods and tastes from our diet. When you're addicted to sweets, your body forgets to want the somewhat bitter taste of vegetables which are the essential source of so many health-protecting phytonutrients.

"Ayurveda is all about balance. The taste of sweetness has a wonderful place in our lives, but it should come mostly from whole foods."

Try satisfying your sweet tooth sometimes with whole foods that offer sweet taste along with fiber and other important vitamins and minerals — foods like fresh and dried fruits and roasted vegetables such as carrots, beets, sweet potatoes, and winter squash. If you cut back on sugar in your diet, your palate will gradually recalibrate and whole foods will taste sweet to you. Even nuts and whole grains have a subtle sweetness about them.

Then there are the artificial sweeteners — a wide variety of substances which the body does not process as food and which therefore add few or no calories. The Owners Manual for the Whole Foods Co-op states: "WFC will carry no artificial sweeteners, and will aim for a goal of 90% non-refined sugar products among sweetened packaged products. Simple natural sugars will continue to be provided (honey, maple syrup, Sucanat, molasses, rice and barley syrups, etc.). Information will be available on the health effects of refined sugar. Labels will be placed on items that 'contain refined sugar.'" It's also a Co-op policy to avoid stocking products containing high fructose corn syrup.

Ayurveda is all about balance. The taste of sweetness has a wonderful place in our lives, but it should come mostly from whole foods. Cookies, candy and pie should be occasional joys, not everyday habits. Wean yourself off of daily sweets, and if you make your own, experiment with the various less-refined sweeteners that the Co-op carries. If you're not up for baking, enjoy some of the Co-op's naturally sweetened treats, but don't overdo it, okay? Here, have an apple! **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](mailto:bonnieambrosi@gmail.com) or visit [grihastashramiyoga.com](http://grihastashramiyoga.com).*

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(All you've been. All you are. All you will become, centers on this.)

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Check out the latest!  
**Co-op deals**

**Stock Up and Save with Co+op Deals**

Looking to save money on your favorite foods, supplements and body care products? Whole Foods Co-op knows how important it is to get delicious food for your family at the best prices; that's why we offer Co+op Deals. With sale prices on more than a hundred products from trusted brands each month,\* there is no better way to save money on the products you love.

We are proud to offer a wide selection of organic, fair trade, environmentally friendly and high-quality items at competitive prices – making it possible for you to stock up on family favorites, purchase greener cleaning products or try something new. Co+op Deals features discounts on seasonal

items year-round; get great deals on snacks and lunchbox staples in the fall, picnic and barbecue supplies in summer and obtain all your holiday baking supplies each winter for less.

Now it's even easier to save. Watch your mailboxes for our bimonthly Co+op Deals flyers or view them online. Stock up and save with Co+op Deals!

\* Co+op Deals sale items are spread out over two or three-week promotional periods, monthly. Because Co+op Deals is a national promotions program for food co-ops who are members of National Co+op Grocers, not all products featured in the flyer will be available at all co-ops.



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

**WEEKLY OWNER TASTE-E COUPONS**



Free 8oz. Soup with purchase of a Grab-n-Go Deli Sandwich!

Want to get deals like this?

Sign up for Taste-E coupons! — new ways to save each week for WFC Owners!

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](mailto:info@wholefoods.coop) with your current email address or go to [wholefoods.coop/coupons/](http://wholefoods.coop/coupons/)

WHOLE FOODS CO-OP

**Access Discount**

**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.

FRAN SKINNER

**Memorial Matching Fund**

**FRAN SKINNER MATCHING FUND**

Those who qualify for the ACCESS DISCOUNT can also receive help paying for up to \$80 in 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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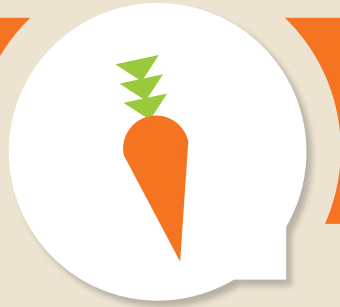
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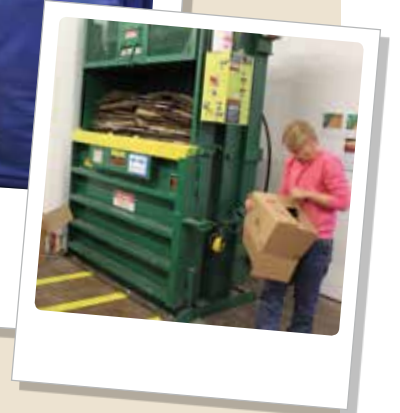
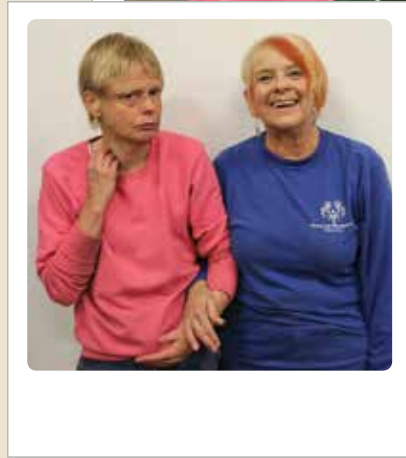
## Perfect Pair

by Colleen Kelly,  
HR Manager and WFC Owner

### A Perfect Pair of Employees

Back in September of 1995 I sat in on a meeting with now former General Manager, Sharon Murphy and now former Executive Director of CHOICE, unlimited, Sam Nygard. CHOICE, unlimited was a newer non-profit whose goal was to connect individuals with disabilities with employers. CHOICE was promoting a work model where the employer fully hired an individual and CHOICE would provide support services to assist so the individual could work as independently as possible. Back in 1995 this was a newer concept for an employee to be fully hired vs. some sort of contracting through the agency, or paying someone a partial wage. I had a strong background in this area and thought the co-op would be a great place to see if we could have a successful employment fit. We interviewed an applicant that would fully become our employee, and would get the assistance to work as independently as possible with a job coach. We hired Darcy Sathers and she has been our employee for over 21 years. With Darcy came another amazing employee, Carol Liupakka, who though employed by CHOICE, unlimited, has also been with us for 21 years.

Carol has worked at CHOICE longer than any other employee and she has the longest partnership with any employee. Customers might not be aware of this perfect pair, but behind the scenes, where a lot of hard work goes on in our business, this pair has been an integral part of our organization. Darcy and Carol, because we often speak of their names together, work closely together in our back stock and loading dock areas. This pair has been so integral and so professional at their job duties that there were periods in our history that if you didn't do the tasks as well as they did, then likely you would get some coaching from the pros. Darcy has the second longest consecutive tenure with our organization and Carol has been at her side nearly every day she has worked here.



▲ Darcy & Carol have been with us for 21 years... High-five!

Recently I saw Carol's name listed in the CHOICE, unlimited Newsletter as having worked 21 years as a CHOICE employee. A distinction she shares with Kristie Buchman, their Executive Director. Carol however would like to point out she was hired prior to Kristie and is CHOICE, unlimited's longest employee. We would like to also thank her for her dedication and service to our organization. Congratulations to Carol and Darcy as an amazing pair of employees on over 21 years of a successful employment partnership together. **WFC**

Colleen Kelly sits on the CHOICE Employment Advisory Board and highly recommends employers contact Theresa Dakota, Employment Coordinator at 218-724-5869 if they are interested in learning more about matching qualified applicants to jobs in their workplace.

# Rhubarb Festival

JUNE 24, 2017

9 am - 4 pm

11th Avenue East & London Road, Duluth

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[chumduluth.org/rhubarbfestival](http://chumduluth.org/rhubarbfestival)

# coop basics



## Find great savings every day with Co+op Basics!

We've curated (and expanded) a selection of high quality items at rock bottom prices to stretch your grocery dollars. Look for the purple signs throughout the stores to save BIG!

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.

## Shop Co+op Basics for EVERYDAY Low Prices on your favorite staples!



Look for purple Co+op Basics signs throughout the store to save BIG!

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**



## Stay in the Loop



### CLASS RESCHEDULED

Attention! The following change has been made to the Spring WFC-U schedule:

## Mountain Biking for Beginners with COGGS!

Pam Schmitt

Tuesday, June 13  
(previously June 10)  
5:30 – 8:30 PM

(Rain Day June 24)

### 📍 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. At 6:30 Duluth Experience will shuttle us up to the Twin Ponds trailhead or Haines Rd trailhead and then we'll bike down the Duluth Traverse connector trail through Lincoln Park and back to the Denfeld 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).*

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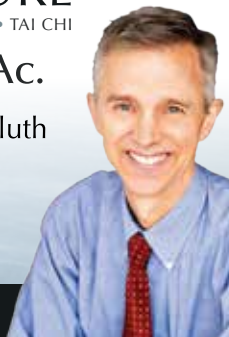
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**What's Happenin'?**

**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

**FREE Co-op Yoga**

5:30 – 6:30 PM | Third Friday each month

📍 WFC DENFELD Classroom

**Animal Allies Walk for Animals**

9:00 AM – 1:00 PM | Saturday, June 3, 2017

📍 Bayfront Festival Park

**Raise the Roof Fundraiser for I Roof Housing**

6:00 – 9:00 PM | Friday, June 9, 2017

📍 Clyde Iron

**Lincoln Park Farmers Market Opening Day**

4:00 – 7:00 PM | Thursday, June 15, 2017

📍 Harrison Community Center

**West Duluth Biz Night**

6:30 PM | Wednesday, June 21, 2017

📍 Wade Stadium

**Rhubarb Fest**

9:00 AM – 4:00 PM | Saturday, June 24, 2017

📍 11th Avenue East & London Road

**Bent Paddle Summer Infusion Launch Party**

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

📍 Bent Paddle Taproom

**Spirit Valley Days**

August 2 – August 6, 2017

📍 Spirit Valley Neighborhood

**Whole Foods Co-op Night at Duluth Huskies Baseball Game**

6:30 PM | Thursday, August 10, 2017

📍 Wade Stadium

**Super Big Block Party**

Saturday, August 19, 2017

📍 Red Herring

**New Owner Store Tour**

1:00 PM | Saturday, August 19

📍 WFC DENFELD Classroom

**Hillfest**

2:00 – 6:00 PM | Sunday, August 27, 2017

📍 6th Avenue East & 4th Street  
Hillside Neighborhood

**We're Social!**

📍 6th Avenue East & 4th Street  
Hillside Neighborhood

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**Extend the Season**

by Jen Gilbertson  
Brand Coordinator & WFC Owner



The Deep Winter Greenhouse will provide fresh, local food throughout the winter months and provide steady employment throughout the year.

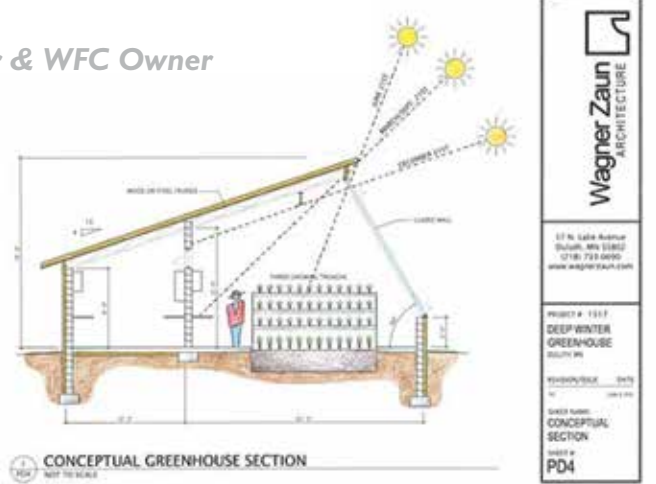
**Update: Duluth's Deep Winter Greenhouse**

Duluth's Deep Winter Greenhouse is expected to break ground soon, with the goal of having it ready to begin planting by Fall 2017.

Community Action Duluth is in the final stages of planning for this unconventional greenhouse, which will be located right across Grand Avenue from the Denfeld Co-op grocery store and next to the Denfeld Victory Garden and Food Forest. CAD's Seeds of Success Urban Agriculture Program will be utilizing the greenhouse. Seeds of Success is a transitional employment program that has the dual purpose of employing people who have struggled finding employment and providing access to fresh, affordable food to the community.

Seeds of Success has always been stymied by the short growing season and could only employ people from April to October, which led to the question: How can they employ people and grow food all year round?

The solution? Build a highly efficient, deep winter greenhouse. Such a greenhouse utilizes passive solar design — east-west orientation and south facing windows to capture as much light and heat as possible. Heat from the top of the greenhouse is



The Duluth Deep Winter Greenhouse is a collaborative project of Community Action Duluth's Seeds of Success program, the City of Duluth, Junior League of Duluth, Zeitgeist Center for Arts and Community, Fair Food Access and Wagner Zaun Architecture. Image courtesy of Wagner Zaun Architecture & Community Action Duluth

cycled with an innovative venting system and is then stored in a thermal mass beneath the structure. The project will enable Seeds of Success to extend the Lincoln Park Farmers Market season through the winter months and will grow fresh, local food and employ people throughout the year.

Who will benefit? According to the Seeds of Success program manager at Community Action Duluth, one of the cool things about the greenhouse is that it allows several goals to be achieved simultaneously:

- Seeds of Success will be able to employ more people as transitional employees, something they have been unable to do due to Northern Minnesota's climate.
- It allows for the continuation of meeting food access needs for the community by permitting the Lincoln Park Farmer's Market to run into the winter.
- It will benefit our community and strengthen local food systems, to show that even in Duluth we can grow select crops in the depths of winter, with a mostly passive solar structure.

There are also plans for a small outdoor classroom, hoophouse, and root cellar on the site to bring everything together. What was once a USDA certified "Food Desert" will soon have another source of food, and pride, for the entire surrounding community.

You can support this project and its partners by participating in our GIVE Round Up at the Registers in June. **WFC**



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