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Thursday, November 23, 2017

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CHRISTMAS DAY

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Sunday, December 31, 2017

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NEW YEAR'S DAY

Monday, January 1, 2018

OPEN 9 AM - 9 PM

WHOLE FOODS CO-OP

GARBANZO GAZETTE



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INSIDE:

▶ Board Election Candidates

▶ Annual Owners Meeting
and Dinner Information

▶ LOCAL Grower Profile:
BAY PRODUCE

FALL 2017

Growing our Impact

HILLSIDE + DENFELD

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CO-OP



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GARBANZO GAZETTE

— PUBLISHED BY —

WHOLE FOODS CO-OP

The Garbanzo Gazette is published four times a year (January, April, July, October) 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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The information in the Garbanzo Gazette is also available on our website at:

www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:
Friday, December 1, 2017.

Refer submissions and questions to:
brand@wholefoods.coop

ADVERTISING

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:
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:
Wednesday, November 15, 2017.

For advertising questions, contact:
brand@wholefoods.coop

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

True Local

I'm sure you've heard the news. Amazon acquired Whole Foods for \$13.7 billion in August. That's Whole Foods Market — the publicly traded corporation based out of Austin, Texas with 450+ retail locations in the US and UK. Not our Whole Foods Co-op — the locally-owned cooperative grocer with two Duluth stores that has been serving our community since 1971.

The Amazon acquisition of Whole Foods Market isn't to be taken lightly. It will bring great (and, at this time, likely unimaginable) change to the entire sector over the years ahead. But before we step into this new world of retail grocery, it is important to get our bearings.

There has been some confusion amongst the community and shoppers — and even some owners and staff — about the deal and our Co-op. The confusion makes some sense. After all there are many stories of people who are new to or visiting the area trying to redeem Whole Foods Market gift cards at our registers. And we've heard many say, "this Whole Foods isn't at all like the Whole Foods in my hometown."

While we share part of the name, Whole Foods Co-op is different. We're a different business, with a different ownership model and different objectives. We're independent, cooperatively owned and driven to maximize positive impact in our community.

Whole Foods Co-op is local in a way that Whole Foods Market can't ever be. When I say local, I mean much more than the wide array of local products we purchase directly from over 150 independent growers, producers and vendors. At Whole Foods Co-op, local transcends product offerings.

Whole Foods Co-op is of our community. Today we are cooperatively owned by over 10,300 of you. Each owner is literally invested in our grocery stores, in our business, and in our collective success. You have a say in our Co-op's direction by participating in the upcoming

election for the Board of Directors. Your patronage has helped our Co-op become what it is today, and will support our success into the future.

Whole Foods Co-op is by our community. Our cooperative is what it is due to the hard work of an intertwined network of individuals and businesses. The purchases you make support wages and benefits for our talented and dedicated staff. During the last fiscal year, almost 36% of the inventory we purchased to offer on our shelves came from independent Minnesota and Wisconsin businesses. We also rely on countless local service providers to keep our operations humming.

Whole Foods Co-op is for our community. We support local agencies working to address hunger and poverty in our neighborhoods, to support youth and environmental programming, and to grow and expand the capacity of local farmers. Every day we're also working to ensure that shopping at and participating as an Owner of our Co-op is accessible to all, so that we truly reflect our whole community.

You'll see examples of our commitment to true local in the pages ahead. Look for the invitation to the join us at the upcoming annual meeting and participate in the Board election. Learn more about how Bay Produce is changing lives in addition to growing tomatoes and cucumbers locally year-round. See how your small change can help local organizations in a big way through the G.I.V.E. program.

I'm proud to say we aren't Whole Foods Market, and we won't ever be. Whole Foods Co-op is truly yours. And truly local.

As always, I invite you to reach out in person or via email (shannigan@wholefoods.coop) if you have questions, concerns or ideas for your Co-op.

In cooperation,

Sarah Hannigan, General Manager **WFC**

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Board Report



by Jean Sramek, WFC Board President

Co-ops: The Cool Kids' Table (With Room for Everyone!)

Raise your hand if you were a nerd in high school, longing to sit at the cool kids' table. Anyone? As I suspected: lots of hands up. Now raise your hand if, as an adult, you've come to realize that the nerds were the cool kids all along. Again: lots of hands up.

In our changing food system landscape, cooperative groceries have always operated on the margins. Preaching our message of healthy food has kept us seated at the nerd table (frequently called the hippie table). Yet gradually we've become, for lack of a better term, victims of our own success: Whole Foods Market, Trader Joe's and other "supernaturals" are now spread across the country, and conventional grocery stores carry organics and other products formerly only available at co-ops. The great and powerful cool kid Amazon has acquired Whole Foods Market. But they can never acquire Whole Foods Co-op, because we're already owned by 10,000 people. Does that make us impervious to the cool kids... or does it make us some special hybrid of Nerd and Cool?

Co-op owners have made our own rules for seating at our table. To quote one of my co-op colleagues at a recent summit of Minnesota food co-op board members, "Co-ops operate at the margins... the ragged, difficult, crucial margins." That means we're leaders, renegades, visionaries. It means we openly embrace owners from all walks of life. It means our message is more than just healthy food: it's a healthy community, economy, workplace culture, and planet. It means that our table is a democracy. The margins are a vantage point from which we can see the future.

The Whole Foods Co-op strives for financial success in order to fulfill our mission and our ENDS. As WFC Directors, part of our job is to oversee and monitor that success. Another part of our job is to be ambassadors to our owners and to the community. On behalf of the WFC Board, I invite you to sit at our table. There is no other table like it, and it has room for everyone. **WFC**



Co-op News Bites



DID YOU KNOW?

The G.I.V.E. program harnesses the co-operative power of our shoppers to support organizations that are working for the betterment and health of the Duluth-Superior region. Each month a different group is selected to receive the funds collected when shoppers elect to "round-up" their purchases in our stores.

UPCOMING G.I.V.E. RECIPIENTS

September:
Duluth Community School Collaborative

October:
Whole Foods Co-op
Fran Skinner Fund

November:
One Roof Community Housing

G.I.V.E. APPLICATION

Applications are now being accepted for the 2018 G.I.V.E. recipient selections. If you would like to submit your nonprofit organization for consideration for the G.I.V.E. program, you will find application instructions and downloadable application forms on our website at wholefoods.coop/community/give/

Applications must be submitted before November 1, 2017 in order to be considered for the 2018 calendar year.



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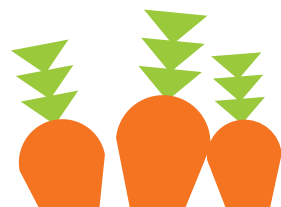
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GM Evaluation Committee
Bylaws Committee
Term expires 2018
candrews@wholefoods.coop



MARYANN BERNARD
Vice President
Bylaws Committee
Term expires 2017
mbernard@wholefoods.coop



JAMIE HARVIE
Board Recruitment Committee
Bylaws Committee
Term expires 2017
jharvie@wholefoods.coop



BRAD NELSON
Board Recruitment Committee
Term expires 2018
brnelson@wholefoods.coop



MICKEY PEARSON
Secretary
Board Recruitment Committee Chair
Term expires 2018
mpearson@wholefoods.coop



WAYNE PULFORD
Treasurer
Bylaws Committee Chair
Term expires 2017
wpulford@wholefoods.coop



JEAN SRAMEK
Board President
GM Evaluation Committee Chair
Term expires 2018
jsramek@wholefoods.coop

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:

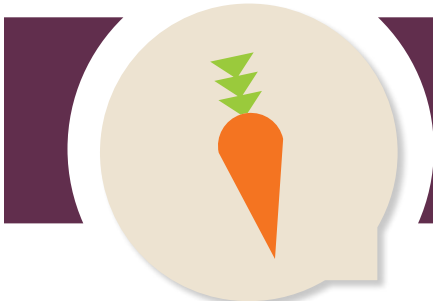
Board members
c/o Whole Foods Co-op
610 East 4th Street
Duluth, MN 55805

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 Election Guide

It's time to elect the 2018 WFC Board of Directors!

Voting opens September 25 and will remain open until 5:30 PM on October 24. Watch your mail for your login information to vote using the on-line system, if you prefer a paper ballot you can pick one up at customer service at either WFC location. Paper ballots will be collected through October 23.

This candidate guide will help you get to know the candidates a bit better. More information about each candidate and their vision for the future of our co-op can also be found on our website at www.wholefoods.coop/vote.

CANDIDATE PROFILE:



◀ **Ryan Jones-Casey**
Board Candidate

I would like to serve on the Board of Directors of Whole Food Co-op because I'm passionate about supporting local food and agriculture, have relevant graduate-level educational training in sustainable business and cooperative business models, and currently work professionally in a values-aligned role within the socially responsible investing field. I love shopping at the Co-op and want to contribute my skills to help it continue to flourish as a model of cooperative economic empowerment that provides our community with equitable access to healthy, local and sustainable food.

- I currently serve on the finance committee of One Roof Community Housing. In this role, I help steward the organization's financial resources as it strives to provide housing services, build and sustain affordable homes and healthy neighborhoods. The holistic missions of both One Roof and Whole Food Co-op are inextricably linked, and I would be thrilled to contribute my service to both organizations.
- In 2010 I earned a MBA in Sustainable Business from Bainbridge Graduate Institute (now Presidio Graduate School). My coursework included case studies about innovative business strategies including cooperative models.
- For the last 8 years, my professional work at Natural Investments has focused on helping individuals, families and non-profit organizations align their investment portfolios with their values. In addition to public market investments, I help people get involved with community investments including affordable housing, microfinance, renewable energy, and sustainable agriculture. Natural Investments also helps clients with shareholder advocacy, pressing companies to improve their environmental and social policies.

“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?' ”

— Jean Sramek, WFC Board President

CANDIDATE PROFILE:



◀ **Jamie Harvie**
Current Board Member and Board Candidate

When I first moved to Duluth in 1990, one of the first things I did was to become a Co-op owner. Now I want to share my expertise and time and give back to our 10,000 plus owners and our broader community. I am convinced that the co-op model and its values based approach is a vital standard for Duluth and communities across the globe attempting to navigate challenging social, ecological and economic disruption. To this end, I want to continue to contribute to help our Co-op remain successful, resilient and a leading example for how an organization can express and support community values.

- Though trained as a civil engineer, I bring decades of experience working at the intersection of food systems, health, healthcare and environmental policy.
- I coordinated the successful national mercury phase-out campaign and the formation of the national Healthy Food in Healthcare Campaign.
- I've provided training to Chinese environmental protection agency and authored white papers for the Blue Green Alliance on "Social and Economic Equity in U.S. Food and Agriculture Systems" and "The Next Health System" for the Democracy Collaborative.
- I participate in the New Economy Coalition, a national network of organizations working to build an economy that works for everyone.

Collectively, these experiences have provided a strong foundational understanding of the linkages between individual, community and ecological health and their relationship to co-operative principles and values.

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ANNUAL OWNERS' MEETING!

**TUESDAY,
October 24
2017**

Registration info on page 12



CANDIDATE PROFILE:



◀ **Wayne Pulford**
Current Board Member
Board Candidate

Since I first came on the Board Three years ago there has been some major changes to Whole Foods Coop. We open a second store our Denfeld store, hired a new General Manager Sarah Hannigan and we have grown to over 10,000 members. I didn't have a say in all of these events, the Denfeld store was well on its way when I came on the Board, I was part of the process for hiring a new General Manager and the membership increase has many factures.

I view all these to be positives for future growth of Whole Foods Coop and will make us a better and stronger Coop that will better serve our members and community.

- I am on the board of Proctor Economic Development Authority
- Trinity Episcopal Church in Hermantown and North Shore Horizons in Two Harbors
- I also have been a past board member of my Union Local and Council
- as well as Local and State officer of a major political party.

In all these roles, the major thing I learned was to communicate and the need to continue to develop new ways of communication. Sometimes we need to slow the process down so we can get better picture of what going on and let people know what we are doing, other times we need to find new ways to communicate to get that better picture and to let people understand what we are doing.

I would like to thank you for the last three years it has been a great experience and I'm asking you to vote for me again so I can continue to serve you and all the other members of Whole Foods Coop.

CANDIDATE PROFILE:



◀ **Dale Peacock**
Board Candidate

I recently moved to the area seven years ago. I discovered WFC, and was impressed with its products, services and outreach efforts. I am proud to be a member / Owner. I am also a vendor to WFC. We supply local certified organic beef. As an Owner/ vendor of the coop, I believe WFC is an important hub for the area with its location. The "hub" concept includes: education, healthy food availability, logistics, cultural and vendor access. As a possible candidate being considered for the WFC board, I would like to stress the importance of WFC to the area (with an emphasis on local producers and an effort to vet underserved communities).

Being a full time owner/operator of a farm (dairy, beef, hay) and a meat wholesale/retail business owner offers a working knowledge of full time sustainable farming perspectives. The perspectives may include: environmental / regulatory issues, markets, trends, production, costs and consumer knowledge. I'm very involved with sustainable agriculture, and have been for over 25 years. My animals and farms have been certified organic since the year 2000.

- Facilitator/ Coordinator board member for WHYS 96.3 Community radio station, Eau Claire, Wisconsin.
- Elected and served as Town Chairperson for the Town of Butler, Clark County, Wisconsin.
- Volunteer firefighter for South Shore Fire Department, Port Wing, Wisconsin.
- Volunteer Citizen board member for Bayfield County (Wisconsin) Large Livestock study Committee.
- Production / archive volunteer for WPR (Wisconsin Public Radio), Eau Claire, Wisconsin.
- Agricultural consultant for a non for profit organization serving Northern Wisconsin. Promoted grass based sustainable farming practices. Duties included: Developing plans, outreach, assisting with government programs and staging educational field days.
- Owner operator of Red Hoof Farm. My three daughters and I work on all aspects of managing a dairy, beef, and hay farm. We also run a meat retail/wholesale business.

WHOLE FOODS CO-OP

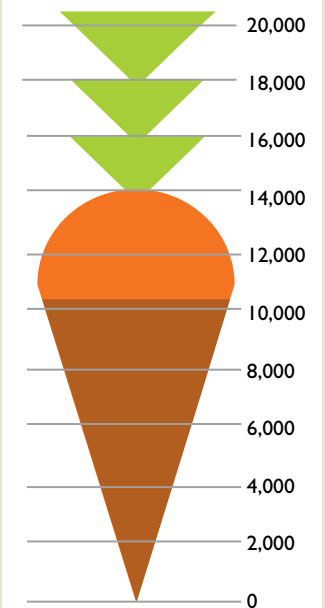
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10,380 OWNERS!



BECOME AN OWNER!

Our Co-op currently has 10,380 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

Call for Art!

OWNER ART SHOW!

This year we will host an artist reception at WFC Hillside on Friday, October 27 from 6:00 – 7:30 PM.

For more info, or to reserve a spot in the show, contact:

P 218.728.0884 | ext. 158
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Space is limited and some restrictions apply. Spots in the exhibition will be filled on a first-come, first-served basis.



Tax Preparation for Regular People

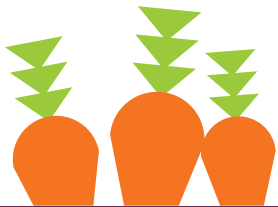
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LOCAL Matters

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**
mnfoodcharter.com
- ▶ **Land Stewardship Project**
landstewardshipproject.org



- ▶ **Young Farmer Coalition**
youngfarmers.org
- ▶ **Community Action Duluth** • Seeds of Success Program • Deep Winter Greenhouse Project
communityactionduluth.org



LOCAL Grower Profile

by Jen Gilbertson, Brand Education & Outreach Coordinator

BAY PRODUCE
Superior, Wisconsin

Behind the Mariner Mall in Superior Wisconsin is a large single story building flanked on either side by two green houses. This facility is home to Challenge Center, a non-profit organization dedicated to serving developmentally disabled individuals, as well as one of their major sources of funding — Bay Produce. I was there to meet Kourtney Sande, Marketing Specialist for Challenge Center, to learn about their operations and tour the facility. I found Kourtney in the bustling Shipping Department and immediately realized three things: the earthy smell of fresh veggies was pervasive, every worker was smiling, and I was going to be extremely hot for the entire tour.



We began in the Shipping Department where all of their produce is packaged, ready to ship out to local markets and area restaurants. Bay Produce is locally grown and locally distributed, greatly reducing their transportation impact and allowing the vegetables to be vine ripened, resulting in the garden fresh taste they are known for.

As we walked through the shipping department I was introduced to the clients working there. Challenge Center uses the term client rather than employee to demonstrate a level of respect for those receiving vocational training. Bay Produce began when Challenge Center built its first half acre greenhouse in 1986, as a training platform and employment opportunity for their clients.

Through this training, Challenge Center clients work in a structured setting with minimal supervision to gain work experience. This promotes independence in work related skills and maximizes client earning potential. The enthusiastic clients tend to the plants as well as the system that re-captures and recycles water for their semi-hydroponic growing process.



Bay Produce is locally grown and locally distributed, greatly reducing their transportation impact and allowing the vegetables to be vine ripened, resulting in the garden fresh taste they are known for.

Kourtney greeted every client by name and shared some background information on almost everyone I was introduced to. She obviously enjoyed working with the clients and at one point said "It's the best job I've ever had, I have fun every day!"

Past the Packaging and Shipping departments we entered the larger of the two greenhouses — built in 1996 and covering one acre — I had my first glimpse of their semi-hydroponic growing method. Hydroponic Agriculture uses no soil, instead plants are grown using mineral nutrient solutions in a water solvent. Bay Produce uses a semi-hydroponic system — also using coconut coir (pronounced "core") as a growing medium. This product aids in protecting the roots and ensuring the plant is not over or under watered. Their method is obviously successful — the cucumber and tomato plants were gigantic, with their bulk suspended from the ceiling. Walking down the aisles was like walking through a jungle!

On to the smaller greenhouse — another steamy building, but the short walk outside helped! This is where the bell peppers, cherry and grape tomatoes, mini cucumbers, red and green leaf lettuces and herb plants are grown. Here I saw a purple bell pepper plant for the first time, as well as the seedlings — all Bay Produce plants begin as seeds in small dirt plugs and are then transplanted when large enough to finish growing. I was introduced to a few more smiling faces and the tour was complete.

Although not certified Organic, Bay Produce does not use chemicals to grow their products. They also use sustainable agricultural practices whenever possible - every part of the plant is utilized, with stems or plant branches composted and reused by local farmers.

The greenhouse grown, vine ripened products of Bay Produce are sold at both Whole Foods Co-op locations in Duluth. We are pleased to help support this Local business as they work to create better food, and a better community! **WFC**



Ownership Update

Abandoned Equity

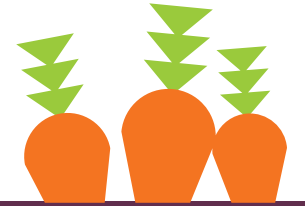
In compliance with its policy on the Abandoned Equity Process and in acknowledgement that in Fiscal Year 2017 WFC achieved growth in new Owners, and in new equity, WFC will return approximately \$3000, net after any indebtedness owed to WFC, of the oldest abandoned equity. Equity is considered abandoned when there is no current address on file and/or an Owner is more than one year behind in purchase of required equity). The process to return abandoned equity is to publish the names of these Owners in the Garbanzo Gazette (see the list to the right) and allow at least sixty (60) days (by November 15, 2018) for them to provide a current address for an equity refund, or to complete their purchase of required equity.

The balance of unclaimed abandoned equity will be donated to an ENDS-related non-profit chosen by Owners voting at the Annual Owners Meeting on October 24, 2017 from the following list:

- ▶ Lincoln Park Families & Children Collaborative
- ▶ CHUM
- ▶ Duluth Community Garden Program

Can you help us locate these folks?

- | | | |
|-----------------------------|---------------------------|--------------------------|
| Alaspa, Angel | Hoxtell, Lethe | Paull, Roberta |
| Alfini, Kelly Kathleen | Hughes, Bonnie | Phipps, Bonnie |
| Anderson, Grace | Hursh, Carol | Pickar, Chris |
| Andert, David M. | Jacques, Michael | Pine, Avis Hoepfner |
| Archer, Robert | Johnsen, Marilu | Quade, Kelly |
| Bachman, Lindsey | Johnson, Vernon | Rauschl, Elisa |
| Bandli, Elizabeth | Owen | Remus, Andrew |
| Barton, Lori Lynn | Johnson, Julie M. | Richardson, Natura |
| Bergson, Herb | Johnson, Shannon M. | Rocamontes, Laura |
| Biggs-Anderson, Vicia | Jones, Darius | Roessler, Hailey |
| Borgh, Patricia L. | Jones, Melissa | Ryan, Michelle |
| Borsheim, Allison | Kaml, Linda | Sarkkinen, Erin |
| Boylan, Benjamin | Klassen, Lisa | Schaberg, James W. |
| Brown, Kevin Michael | Konsti, Cory | Scholten, Randall |
| Carlson, Nicole | Lampson, Michelle | Slettedahl, Seth W. |
| Chalberg, Andrew | Karen | Snodgrass, Andrea |
| Charboneau, Toni L. | Larson, Randi | Soderstrom, Sonja |
| Charvat, Sarah | Larson, Anita L. | Spilman, Sue K. |
| Clark, Anthony Olin | Leisch, Martha Kay | Sterle, Jessica |
| Coffman, Deborah | Leno, Elissa | Stommes, Maria |
| Conrad, Heather | Lewis, Madonna Marie | Stone, Natalie R. |
| Crabtree, Nicole | Lintula, Jon T. | Sundell, Maryann |
| Devlieger, Stephanie | Lowe, Brian | Thiry, Marianne |
| Dziuk, Thad | Lynn, Sherry | Thomas, Mary |
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| Flier-Edin, Linda | Mauren, Michael | Tudor, Shaun |
| Flynn, Amy Rae | Mccabe, Marty | Turman, Jake |
| Fornengo, Robin | Mccolgan, Brendan | Vander Woude, Andrea Joy |
| Fulin, Tammy Jo | Miller, Bobbie J. | Vraa, Wendy |
| Glidden, James | Miller, Marlene | Wark, Sandra |
| Goetsch, Peggi | Moore, Cherrie | Weintraub, Lee |
| Griffiths-Johnson, Jason A. | Morey, Daniel | Welch, Jessica |
| Hauck-Reed, Tessa | Ojanen, Patricia E. | Whiting, Lisa |
| Henninger, Susy Marie | Olson, Debbie | Woinanowicz, Brenda |
| Hexum, Tanya | Olson, Joan | Woitock, Peter |
| Hill, Janell Leann | Oneil, Anna | Woods, Violet |
| Hoffmeister, Aaron | Oneill Spellerberg, Nancy | |
| Holden, Crystal N. | Opack, Tammy | WFC |



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 with your current email address or go to 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.



Attention Artists!

Interested in exhibiting your artwork at one of the Whole Foods Co-op locations?

We'll be selecting artists for the 2018 calendar year soon. Application materials and instructions can be found at: www.wholefoods.coop/community/supporting-local-artists/

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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

Community is at the heart of any Co-op. We love that our Co-op provides not just a great place to shop, but a shared space where people can come together to learn, relax and explore. Our list of fall classes has a few new offerings that we hope will bring people together in our Co-op space to share knowledge, build community, and celebrate wellness. Many of these classes are free, and require no pre-registration. We hope you'll drop in to take advantage of these opportunities to learn about a variety of subjects, while connecting with others in your Co-op community!

SEPTEMBER

Co-op Yoga

Joella Erin

Fridays: September 15, October 20 and November 17 | 5:30 PM – 6:30 PM

DENFELD Classroom

FREE! Drop-in, 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 (JEM) offers affordable Yoga and massage downtown at Studio Duluth and surrounding areas. Specializing in massage, Rain-drop Therapy, Vinyasa / Hatha Yoga, private and corporate events, essential oils, boot camps, and Aroma Yoga.

Joella Erin creates a distinct and 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.



Co-op Community Education

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

OCTOBER

Rush Hour Recipes: Goddess Bowl

Jen Gilbertson

Thursday, October 3 | 11:00 -12:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Do you think tasty, healthy recipes require a ton of effort and take FOREVER to prepare? We hope to prove you wrong! Each month we are showcasing a different Rush Hour Recipe designed to be quick, nutritious and delicious! All can be made in less than half an hour! All will get to try a bite!

Adam serves his community as an Assistant Deli Manager at the Whole Foods Coop. He is also currently in graduate school at the College of Saint Scholastica getting his teaching license, and soccer coach for his son's U6 soccer team.

Fighting Sugar & Carbohydrate Addiction

Michelle Russell

Tuesday, October 10 | 6:00 – 7:30 PM

HILLSIDE 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.

Kids in the Kitchen: Basic Kitchen Skills

Adam Wisocki

Saturday, October 7 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 for WFC Owners, \$15 for non-Owners
Registration required. Limit 12.
Recommended age: 5 years and older

Join Fog City Deli staff member (and Father) Adam and learn to identify and utilize different kitchen utensils, as well as learn some simple recipes they can make on their own. They will be learning not only the basics like how to use an oven and how to hold a knife correctly, but other elements of kitchen safety like how to handle food properly and what to do when things go wrong. After this lesson they will have the opportunity to create some simple and delicious recipes with Adam!

Adam has a long history in the foodservice industry that ranges from his family's previous family restaurant. He served as the Director of Foodservice for a local non-profit assisted living where he turned the menu for the residents that consisted of convenience food to an all scratch kitchen and bakery. Adam is a Certified Dietary Manager/ Certified Foodservice Protection Professional (CDM/CFPP) with the Associated of Nutrition & Foodservice Professionals (ANFP). Adam's love for satiating treats mushroomed when he lived and traveled in Eastern Europe. Today

Rush Hour Recipes: Bibimbap

Jen Gilbertson

Thursday, October 12 | 6:00 – 7:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Do you think tasty, healthy recipes require a ton of effort and take FOREVER to prepare? We hope to prove you wrong! Each month we are showcasing a different Rush Hour Recipe designed to be quick, nutritious and delicious! All can be made in less than half an hour! All will get to try a bite!

Co-op Basics Recipes: Sesame Peanut Noodles

Jen Gilbertson

Wednesday, September 27 | 6:00 – 7:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Wholesome, hearty and yummy meals don't have to break the bank! Join Jen in the kitchen as she creates a fabulous, money saving recipe from our Co-op Basics line of products, designed to help you eat right on a budget!

In her role both as WFC Education and Outreach Coordinator, as well as a mom of two, Jen has had a ton of experience in the kitchen. She knows how hard it can be to put together meals to please the masses. Jen enjoys discovering and trying new recipes and is always up for a cooking challenge.

Meet your LOCAL Producer: Clover Valley Farms & Vinegary

Cindy Hale — Gourmet Fruit Vinegars, Shrubs and Salts

Thursday, September 28 | 6:00 – 8:00 PM

DENFELD Classroom

FREE! Registration required, limit 20.

In this new lecture series you will have the opportunity to get better acquainted with some of our Local Producers. You'll learn about the history of their businesses and the methods they employ in the making of their hand-crafted products. You will also have a chance to sample their goods.

Cindy is a self-taught cook from way back. Her German grandmother never used a single recipe and she was a fabulous cook! At age 13 Cindy entered her first cooking contest with "Stuffed Peppers", a recipe her family had been making for a while. The judges said it was too difficult for a 13 year-old to make so they disqualified her... their loss! In 2013, Cindy left her 20 year career as a research ecologist with the University of Minnesota Duluth to farm full-time. Cindy is very excited to share their recipes and fabulous gourmet vinegars. The health benefits of live culture vinegars are well known, and Cindy takes it to the next step by making great tasting food that is also very healthy.

The University of Minnesota Duluth is an equal opportunity recruiter and employer.

NOISES OFF

November 2-11

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In a jazz

November 30 - December 3


UMD
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UNIVERSITY OF MINNESOTA DULUTH
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tickets.umn.edu | 218.726.8561



REGISTER NOW

Fall Art Classes are Open!



WWW.DULUTHARTINSTITUTE.ORG



Meet your LOCAL Producer: City Girl Coffee Company

City Girl Coffee Roasters

Saturday, October 14 | 11:00 – 1:00 PM

DENFELD Classroom

FREE! Registration required, limit 20.

In this new lecture series you will have the opportunity to get better acquainted with some of our Local Producers. You'll learn about the history of their businesses and the methods they employ in the making of their hand-crafted products. You will also have a chance to sample their goods.

City Girl Coffee Company is a sustainable and responsible coffee company working to bring awareness and equality to the women of the coffee industry. City Girl sources coffee from small, women owned or managed farms and co-operatives, and give a portion of every sale back to the organizations that support the success of women in their country of origin. Alyza Bohbot is the owner and every bean is roasted in Duluth, specifically Alakef Roasters.

Co-op Basics Recipes: Pasta Primavera

Jen Gilbertson

Tuesday, October 17 | 11:00 – 12:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Wholesome, hearty and yummy meals don't have to break the bank! Join Jen in the kitchen as she creates a fabulous, money saving recipe from our Co-op Basics line of products, designed to help you eat right on a budget!



Authentic Oaxacan Mole & Chile Sauces

Chef Scott Graden

Thursday, October 19 | 6:00 – 8:00 PM

HILLSIDE Classroom

\$30 for WFC Owners, \$40 for non-Owners
Registration required. Limit 20.

New Scenic Café Chef/Owner Scott Graden has crafted a wonderful menu of traditional Mexican recipes that are sure to inspire your own fiesta! We will learn the secret to perfecting both chocolate mole and green pumpkin seed mole, as well as both red and green chile sauces, all of which will be paired with grilled chicken and beef tenderloin. We will also learn to make Huevos Rancheros and Sopapilla with vanilla butter and honey. You can't miss this opportunity to learn from one of the best chefs in the Northland!

Scott Graden turned his vision into reality upon opening the New Scenic Café, located on the North Shore Scenic Drive between Duluth and Two Harbors, Minnesota. For 16 years Scott has worked to provide high quality artisan foods while introducing the community to new cooking styles and cuisine. Through his tenacity and touch, Scott captures the essence of each ingredient to create truly excellent food. Chef Graden has participated and been recognized in a variety of venues including Minnesota Cooks and Tour de Farm, is a regular instructor with Kitchen Window, Blue Heron, and Whole Foods Coop, and has received a variety of awards and recognition over the years.



Know your Wild Roots: Cooking with Rhizomes and Wild Roots

Gilbert Schwartz

Saturday, October 28 | 11:00 – 1:00 PM

HILLSIDE Classroom

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

Did you know young thistle roots can be cooked into a starchy veggie or that cattail rhizomes can be prepared to taste like baked potatoes? Join us for a hands-on workshop to learn all things related to harvesting and cooking with our locally available wild rhizomes, tubers, and root vegetables. Get ready to try your hand at stewing, frying, and fermenting a variety of wild veggies that can be found growing in our area every fall!

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.

NOVEMBER

Kids in the Kitchen: It's a Fiesta! Mexican Cuisine

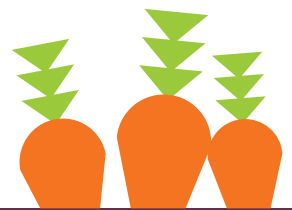
Adam Wisocki

Saturday, November 4 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 for WFC Owners, \$15 for non-Owners
Registration required. Limit 12.
Recommended age: 5 years and older

Join Fog City Deli staff member (and Father) Adam to learn some delicious Mexican recipes! All students will get a chance to help create several delectable dishes!



Co-op News Bites

DID YOU FIND IT?

Tucked inside this Garbanzo Gazette you should have received your new Co-op Community Partners Brochure... don't toss it into the recycling without taking a GOOD look at it first. It is chock full of places (that you probably already go to) that give great discounts to Whole Foods Co-op Owners. It's super easy, just mention you're an Owner and you get the deal! (Maybe be ready to show your ownership card too, just in case.)

Here's just a few of the great deals you can get... just because you're a WFC Owner!

- 10% off merchandise at Trailfitters, The Bookstore at Fitger's, Electric Fetus, Continental Ski & Bike and Northwest Outlet and more!
- 10% to 20% off at restaurants like Hanabi, Tavern on the Hill, Zeitgeist Arts Café, Red Mug Café and Rustic Inn
- Beverage discounts at Juice Pharm, Bent Paddle Taproom and Amazing Grace Cafe
- Savings on admission to The Duluth Children's Museum and Hawk Ridge Bird Observatory
- Discounts on Yoga, Pilates and Massage at J.E.M studios, Healing Ways, Personal Best Pilates and more!

When you visit these LOCAL businesses, make sure to ask about the deals they give to Co-op Owners...another way that being an Owner of the co-op helps you save money and support the LOCAL economy!

PLASTIC BAG RECYCLING UPDATE...

Whole Foods Co-op has had the opportunity to help our shoppers detour their single-use plastic bags from the landfill for re-use, including being reengineered into outdoor furniture and decking. Earlier this year the organization that provided pick up of these bags was re-organized and their business and no longer provides the service. The collection bins were removed until we could find another option. In August, a promising new option started developing, and WFC is working with a new partner to re-institute this service to our shoppers. At this writing, we are not yet ready to roll out the collection bins, but do watch at both of our locations for their return!

matineemusicale.org
\$20 - \$18
Students FREE
TUE OCT 17
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matinee musicale
EVERYTHING OLD IS NEW AGAIN

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ERIN KEEFE, violin

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\$20 - \$18
Students FREE
TUE NOV 14
7:30 pm
CSS Mitchell Auditorium
SOLD AT DOOR

matinee musicale
EVERYTHING OLD IS NEW AGAIN

Catch this fast-rising Russian pianist on U.S. tour

"Extraordinary inner power"
ZLATA CHOCHIEVA, piano



Co-op Community Education

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



NOVEMBER (Continued)

Meet your LOCAL Producer: Double Take Salsa!

Bernie Dahlin – Small batch Salsas & Hot Sauces

Thursday, November 9 | 6:00 – 8:00 PM

DENFELD Classroom

FREE! Registration required, limit 20.

In this new lecture series you will have the opportunity to get better acquainted with some of our Local Producers. You'll learn about the history of their businesses and the methods they employ in the making of their hand-crafted products. You will also have a chance to sample their goods.

Bernie has a true passion for his delicious salsas and hot sauces — he takes a huge amount of pride in his hand-crafted, Locally made products and you can truly taste the difference!

Winter Wellness: Taking Care of Ourselves

Michelle Russell

Tuesday, November 14 | 6:00 – 7:30 PM

DENFELD Classroom

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

Winter is near! Busy schedules, cold weather, holiday stress and all of the other seasonal challenges can leave us feeling frazzled and fatigued! Come learn practical tips and natural remedies that will help you keep well this season. We will share ideas for reducing stress and improving sleep, support with the winter blues as well as tips for protecting yourself from the common cold and flu. Each student will go home with a winter wellness kit!

Co-op Basics Recipes: Kielbasa & Rice

Jen Gilbertson

Thursday, November 16 | 6:00 – 7:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Wholesome, hearty and yummy meals don't have to break the bank! Join Jen in the kitchen as she creates a fabulous, money saving recipe from our Co-op Basics line of products, designed to help you eat right on a budget!



Photo courtesy www.strongertogether.com

Rush Hour Recipes: Tofu with Cilantro & Ginger

Jen Gilbertson

Tuesday, November 28 | 11:00 – 12:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Do you think tasty, healthy recipes require a ton of effort and take FOREVER to prepare? We hope to prove you wrong! Each month we are showcasing a different Rush Hour Recipe designed to be quick, nutritious and delicious! All can be made in less than half an hour! All will get to try a bite!

DECEMBER

Kids in the Kitchen: Holiday Treats!

Jen Gilbertson

Saturday, December 2 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 12.

Recommended age: 5 years and older

We will learn several traditional Holiday cookie recipes, just in time for gift giving! You'll learn to make fudge, Russian Tea Cookies and even puppy chow! You'll get to participate in making each recipe and will even get to take some home with you!

Rush Hour Recipes: Ravioli with Ham and Peas

Jen Gilbertson

Tuesday, December 5 | 6:00 – 7:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Do you think tasty, healthy recipes require a ton of effort and take FOREVER to prepare? We hope to prove you wrong! Each month we are showcasing a different Rush Hour Recipe designed to be quick, nutritious and delicious! All can be made in less than half an hour! All will get to try a bite!

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The College of
St. Scholastica

Co-op Basics Recipes: Farmhouse Bean Soup

Jen Gilbertson

Thursday, December 14 | 11:00 – 12:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20

Wholesome, hearty and yummy meals don't have to break the bank! Join Jen in the kitchen as she creates a fabulous, money saving recipe from our Co-op Basics line of products, designed to help you eat right on a budget!

JANUARY

Kids in the Kitchen: Healthy After School Snacks!

Adam Wisocki

Saturday, January 6 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 12.
Recommended age: 5 years and older

It's the perfect time of year to encourage you children to make healthy decisions when it comes to choosing and making snacks — students will learn several easy, healthy snacks that will hit the spot!

Co-op Basics Recipes: Ratatouille

Jen Gilbertson

Tuesday, January 9 | 6:00 – 7:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20

Wholesome, hearty and yummy meals don't have to break the bank! Join Jen in the kitchen as she creates a fabulous, money saving recipe from our Co-op Basics line of products, designed to help you eat right on a budget!

Making Healthy Food Choices

Sherri Swanson

Thursday, January 11 | 6:00 – 7:30 PM

DENFELD Classroom

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

This is the time of year when we vow to try to eat better — but that can be so difficult to do! Learn from instructor Sherri Swanson how to make better decisions when it comes to your diet, including good carbs vs. bad carbs, what



to eat for high energy and what foods will drain your energy, what beverages to consume and which to avoid, ect.

Sherri has always had a passion for fitness, but it wasn't until her health began to decline that nutrition became a larger focus in order to turn her health around. She loves encouraging others and decided to turn that love into a career. Sherri teaches people that living healthy begins with habit changes, both in behavior and mind. Her method proves that the right system, support and accountability leads to success!

Rush Hour Recipes: Pho with Shrimp

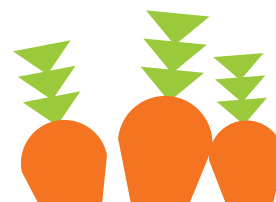
Jen Gilbertson

Thursday, January 25 | 11:00 - 12:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20

Do you think tasty, healthy recipes require a ton of effort and take FOREVER to prepare? We hope to prove you wrong! Each month we are showcasing a different Rush Hour Recipe designed to be quick, nutritious and delicious! All can be made in less than half an hour! All will get to try a bite!



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.

QUESTIONS?

If you have questions about WFC-U classes or are interested in teaching a class at the Co-op, please contact us!

Brand Education &
Outreach Coordinator

P 218.728.0884 | ext. 158

brand@wholefoods.coop

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What's Happenin'?

FREE Sample Fridays

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

📍 BOTH Co-op locations

FREE Co-op Yoga

5:30 – 6:30 PM | Friday, September 15
Drop-in, no registration required, limit 10

📍 WFC DENFELD Classroom

United Way Chili Cook-Off

5:00 – 7:00 PM | Thursday, September 21

📍 DECC

FREE LSS Health Fair

11:00 AM – 1:00 PM | Tuesday, September 26

📍 Ordean Building

FREE Meet Your LOCAL Producer

Lecture Series: Clover Valley Farms
6:00 – 7:30 PM | Thursday, September 28
Registration required, limit 20

📍 WFC DENFELD Classroom

Bent Paddle Fall Co-op Infusion

6:00 – 8:00 PM | Friday, October 13, 2017

📍 Bent Paddle Taproom

FREE Meet Your LOCAL Producer

Lecture Series: City Girl Coffee
12:00 – 1:30 PM | Saturday, October 14
Registration required, limit 20

📍 WFC DENFELD Classroom

FREE Family Fun Day

10:00 – 11:30 PM | Friday, October 20

📍 WFC DENFELD Classroom

FREE Co-op Yoga

5:30 – 6:30 PM | Friday, October 20
Drop-in, no registration required, limit 10

📍 WFC DENFELD Classroom

Annual Owners Meeting & Dinner

5:00 – 7:45 PM | Tuesday, October 24

📍 DECC Harborside Ballroom

FREE Owner Art Show Reception

6:00 – 7:30 PM | Friday, October 27

WFC HILLSIDE

📍 Brewery Creek Overlook

FREE Meet Your LOCAL Producer

Lecture Series: Double Take Salsa
6:00 – 7:30 PM | Thursday, November 9
Registration required, limit 20

📍 WFC DENFELD Classroom

FREE Co-op Yoga

5:30 – 6:30 PM | Friday, November 17
Drop-in, no registration required, limit 10

📍 WFC DENFELD Classroom

FREE New Owner Store Tour

1:00 – 2:00 PM | Saturday, November 18

📍 WFC DENFELD Classroom

We're Social!

@WholeFoodsCoop

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



Annual Owners Meeting



**TUESDAY,
October 24
2017**



Join us, Owners!



Harbor Side Room
Duluth Entertainment
& Convention Center (DECC)
350 Harbor Drive,
Duluth, MN 55802

REGISTRATION

Registration and repayment is required for all attendees!

Register by **OCTOBER 6, 2017**.

\$20 per adult; \$5 per child (12 and under).

Confirmation of prepayment includes a DECC parking pass for free parking at this event. Owners will be reimbursed \$20 at meeting registration table (one gift card per Owner).

Registration and payment accepted:

by mail: Whole Foods Co-op, 610 East 4th Street

online: www.wholefoods.coop/annualmeeting,

in person:

Hillside or Denfeld Customer Service Counter

or by calling: 218.728.0884

(have credit or debit card ready).

MENU

A plated dinner including locally sourced foods with vegan, vegetarian, and gluten-free, options catered by the DECC. Beverage options include LOCAL beer and organic wine.

• CHOOSE ONE •

Oven Broiled King Salmon

Topped with Béarnaise Sauce served with Frisée and Apple Salad and herb roasted red potatoes. *Entrée is Gluten-Free**.

Boneless Breast of Chicken with a stuffing of Minnesota Wild Rice and Country Sausage

Topped with a Wild Mushroom Sauce, served with Frisée and Apple Salad and herb roasted red potatoes.

Stir fried Tempeh and Fresh Vegetables

Served over Saffron Rice
*Entrée is Vegan and Gluten-Free**.

• CHILDREN'S PLATE •

Pasta with Meatless Marinara Sauce

served with garden vegetables.
Gluten free noodles available upon request ages 12 and under, please

All entrées will come with gourmet green salads, locally baked dinner rolls and gluten-free* chocolate cake. *Vegan dessert option available upon request.*

• BEVERAGES •

Soda, organic and/or Fair Trade wine and local beer by Bent Paddle Brewing Co. will be available at the bar. two drink tickets come with the meal.

* The DECC is not a certified gluten-free facility

Invitation to the 2017 Annual Owners Meeting Tuesday, October 24, 2017 | 5:00 – 7:45 PM

Agenda

SOCIAL TIME

5:00 – 5:30 PM

Owner opportunity to vote for Reduce/Recycle/Reuse recipient for 2018. Proposed candidates for 2018 RRR to be voted on via bean count by Annual Owner Meeting attendees are as follows: Neighborhood Youth Services, Second Harvest Northern Lakes Food Bank and Seeds of Success.

DINNER IS SERVED

5:30 PM

GUEST SPEAKERS

Ashley Grimm — Damiano Center Kids Café
Lucie Amundsen — Locally Laid Egg Company

BUSINESS MEETING

6:30 – 7:15 PM (child care available)

- ▶ Welcome & Introduction
- ▶ Proof of notice of meeting
- ▶ Report on number of Owners present
- ▶ Reading or waiver of reading of Minutes of 2016 meeting/approval of 2016 Minutes
- ▶ State of the Co-op Reports from Management and Board
- ▶ Remarks for the good and welfare of the Co-op
- ▶ Announcement of Results of Board Election

DOOR PRIZE DRAWINGS

Must be present to win.