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WHOLE FOODS CO-OP

# GARBANZO GAZETTE

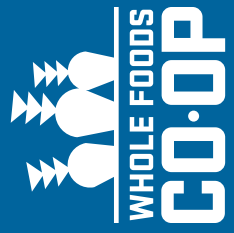
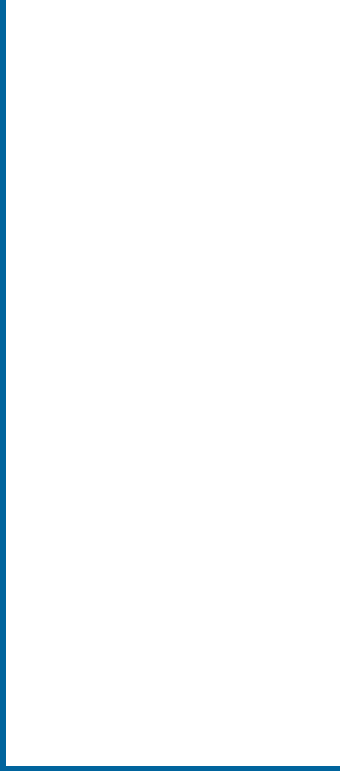


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**WINTER 2018**  
**New Year, New You**  
**The Healthy Re-set Issue**

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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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**SUBMISSIONS**

Submissions must be received one month prior to publication.

The next content deadline is: **March 1, 2018.**

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

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# Management Report

by Sarah Hannigan, General Manager & WFC Owner

**We Hear You!**

As always, the steps ahead are informed by the path we've taken thus far. Here at Whole Foods Co-op, we're stepping into the new year with resolve to take action on the things that are important to you. This past summer we completed a survey of owners and heard a resounding call for greater consistency between the Hillside and Denfeld stores and more savings for our shoppers. We have taken those requests to heart and have been working on operational updates to support your requests.

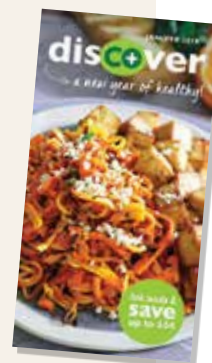
Our management team is focusing on delivering consistent quality and service to shoppers at both Hillside and Denfeld stores. Two recent additions to our staff are helping make this so. Steve Broome joined our team as Store Manager and Chris Recore was hired as Deli Manager. Both bring decades of experience working in natural foods, grocery and food service, and are excited to be working with their peers daily on bringing alignment to our stores and upholding the exceptional customer service for which we are known.

We're also aiming for greater consistency in product offerings. We're pleased to now offer made-to-order hot sandwiches in the Denfeld Deli, and an Organic peanut butter grinder in Denfeld's bulk section. Additionally, our Produce, Grocery and Deli managers now share standard operating practices for introducing new products, discontinuing items that are no longer popular, and ensuring that the product mix offered in our stores meets the needs of the shoppers at each store.

In the year ahead we're switching the way we communicate with Owners via mail. Owners are accustomed to receiving Owner Appreciation mailings in their mailboxes each quarter. We resolve to continue to offer appreciation deals for Owners, but we will no longer mail separate postcards. Instead, the deals for each cycle will be highlighted in the Garbanzo Gazette (turn to the back page of this issue and check out the deals through March!). These Owner Deals deals will continue to be linked to your Owner account at the tills, so you won't have to bring the actual coupon to take advantage of these exclusive Owner savings.

Starting in February, we will no longer mail Co-op Deals sales flyers every month. With over 10,000 Owners, this measure will save tens of thousands of dollars each year while greatly reducing the amount of paper our business generates. If we were to stack up the Co-op Deals flyers we mailed to Owners in 2017, the pile of paper would be more than three times taller than Duluth's Enger Tower! The flyer you received tucked inside this Gazette is the final flyer that will be mailed to you directly. New sales flyers will continue to be available in our stores and on our website (look under the "Deals" tab). Notification of new sales will be sent out to Owners via email and will be posted on WFC's social media. The events calendar on our website will also show the dates of new sales cycles.

WFC will continue to mail the Garbanzo Gazette and bi-monthly coupon books, which have been revised and expanded for 2018. Discover, a new guide to saving money and living well, is the result of WFC's work with more than 140 community-owned cooperative grocers, to bring Owners great food and delicious deals. Each coupon book will feature more than \$50 in coupon offers, along with timely tips and seasonal recipes.



We need some help from you. Email and social media are also how we share information about weekly TasteE Coupons, flash deals, vendor tasting events and product giveaways. If you haven't already added an email address to your Owner account, please stop by our Customer Service desk at either store, or visit [www.wholefoods.coop/ownership/owner-solutions/](http://www.wholefoods.coop/ownership/owner-solutions/). Liking us on Facebook and following us on Instagram are other ways you can stay connected to the happenings and the savings at your Co-op.

I am certain the new year will bring much of what Owner survey respondents have been looking for from our Co-op and our stores. As always, I invite you to share your ideas and requests, and to communicate what you believe will make our Co-op a better place for our staff, our Owners, and our community. Feel free to reach me at [shannigan@wholefoods.coop](mailto:shannigan@wholefoods.coop).

In cooperation,  
Sarah Hannigan, General Manager WFC

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# Board Report



by Jean Sramek, WFC Board President

## A Board With a Plan



**Meet your Board!** Top row (left to right): Dale Peacock, Jean Sramek, Carol Andrews (Secretary), Mickey Pearson (Board President). Bottom row: Jamie Harvie (Vice President), Ryan Jones-Casey (Treasurer) and Brad Nelson. Photo by Lisa Moran Photography

The new year is not just a time to make resolutions (although mapping out a new exercise and eating plan is never a bad idea). It's a time to reflect on what you did well in the past year, and how you can build on that. It's a time to cherish relationships, friendships and alliances. It's a time to take inventory and get your priorities updated. We board members do this every year, both individually and as a team. After our Annual Owners Meeting and board election last fall, and intensive board retreat in November, we start 2018 armed with a better idea of who our board is collectively, what we can do, and what we wish to accomplish.

### What's in Store for 2018 and Beyond...

- We have two new board members, Dale Peacock and Ryan Jones-Casey. Dale and Ryan have already shown themselves to be curious, wise, and passionate about board service.
- We are working with a new Cooperative Development Services (CDS) governance consultant, Leslie Watson. Leslie brings over a decade of experience working with cooperative boards and is superbly qualified to assist our board in improving governance and building a strong cooperative culture in 2018 and beyond.
- We are continuing the process of a by-laws review and possible update that was started in 2017. As any updates or language changes will require approval by owners, it's something we are undertaking with great care.
- We plan to examine our ENDS statement to ensure that it best reflects the Whole Foods Co-op owners and meshes with our store's goals for success. In evaluating and potentially revising the ENDS, we'll be reaching out to our owners for input.
- Our efforts at board recruitment are a year-round process, and we continue to strive for diversity, professionalism, and commitment in our board candidates. As our ownership continues to grow, we will be reaching out to ask owners to help in the recruitment efforts—we're confident that involving more owners in the process of recruitment will open up the possibility for more community representation.

On a personal note, I'm pleased to be handing over the virtual gavel to our new board chair, Mickey Pearson. Mickey's hard work and intelligence (not to mention good humor) will make him an excellent leader. On behalf of the board, I welcome you to 2018. It's going to be a good year. **WFC**



WHOLE FOODS CO-OP

Help us **GIVE!**



### 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

**January:**  
Lifehouse

**February:**  
Youth Outdoors Duluth

**March:**  
CHUM

### G.I.V.E. APPLICATION

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/](http://wholefoods.coop/community/give/)

### KEEP ON GIVING...

#### Reuse your bags!

Every time Co-op shoppers bring in their own bag(s) in 2018, Whole Foods Co-op will donate \$0.10 to Second Harvest Northern Lakes Food Bank. Second Harvest is the sole distributor of surplus food products to over 180 charitable food programs, including our region's soup kitchens, food shelves and shelters. As a food bank, their primary role is to provide food to the front-line charitable agencies that offer meals to the hungry. In addition, Second Harvest provides food to over 3,300 people per month through direct service programming.

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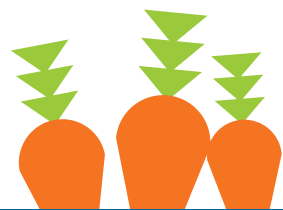
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Vice President  
Term expires 2017  
[jharvie@wholefoods.coop](mailto:jharvie@wholefoods.coop)



**RYAN JONES-CASEY**  
Treasurer  
Term expires 2019  
[wpulford@wholefoods.coop](mailto:wpulford@wholefoods.coop)



**BRAD NELSON**  
Term expires 2018  
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**DALE PEACOCK**  
Term expires 2019  
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**MICKEY PEARSON**  
Board President  
Term expires 2018  
[mpearson@wholefoods.coop](mailto:mpearson@wholefoods.coop)



**JEAN SRAMEK**  
Term expires 2018  
[jsramek@wholefoods.coop](mailto:jsramek@wholefoods.coop)

e-group address to communicate with entire Board and the General Manager:  
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To leave a call-back request for a Board member call:  
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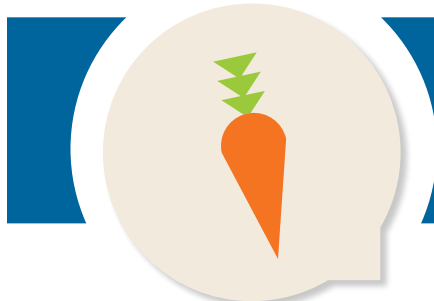
Letters sent to the following address will be forwarded unopened to the Board/Board member:

Board members  
c/o Whole Foods Co-op  
610 East 4th Street  
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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.



# New Year's Resolutions

by Eve Adamson, *Stronger Together*

## One and Done: The Only New Year's Resolution You'll Ever Need

Authored by Eve Adamson for *Stronger Together*

Reprinted by permission from *StrongerTogether.coop*. Find articles about your food and where it comes from, recipes and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop).

**It usually goes something like this:**

- ▶ I will lose 20 pounds!
- ▶ I will finally get in shape!
- ▶ I will eat better!
- ▶ I will be more environmentally conscious!
- ▶ I will cook for my family more often!
- ▶ I will spend more time with my family!
- ▶ I will stop ordering pizza and eating fast food!
- ▶ I will save more money!
- ▶ I will enjoy life more!
- ▶ I will be better about helping others!
- ▶ I will be a better person!

Whether you scribble your resolutions into a journal or post them on the refrigerator or just repeat them to yourself in your head as the New Year approaches, you have probably made New Year's resolutions before. According to the University of Scranton Journal of Clinical Psychology, 45% of Americans usually make New Year's resolutions, and although 75% of resolutions are maintained through the first week, the number drops significantly with each passing week, so that by six months, barely anyone is sticking to it. A lot of people don't even remember what their resolution was anymore by June. Bummer.

Yet, I love New Year's resolutions. I think they are sweet signs of optimism. They prove that people still want to better themselves, and believe they can do it, no matter how many times they fail. I even think my own New Year's resolutions are adorable. Lose 20 pounds? Aww. That's so cute, the way I keep thinking I'm going to do that!

But every year's experience begs the question: Why is it so hard to execute a perfectly reasonable decision to do something good for yourself, like get healthier or spend more time with people you love?

The problem, says many an expert, is that we set too many goals and we lose track or we set goals that are a little bit too difficult — just outside the realm of reasonable.

But what if I told you that just one simple resolution could accomplish just about every resolution I've listed at the beginning of this article, all in one fell swoop? Eleven resolutions in one? And what if I told you that one single resolution could actually be easy?

When you focus on one resolution instead of many and that one resolution is something you can actually do, you are about a zillion times more likely to stick with it (that's the official statistic — a zillion).

What could this magical and powerful resolution be? It's kind of radical, so maybe you should sit down. Here goes: **This year, I will eat mostly whole food.** Wow. I know, right? You have to admire the simple elegance. This one resolution is powerful because you don't have to think about all those other things you want to do, and yet, they will all start to happen, just because you are eating whole food. Let me explain:

**I will lose 20 pounds!**

The number might not be exact, but whether you need to lose 20 pounds or 10 pounds or 5 pounds or 50 pounds, you'll start moving in the right direction when you eat mostly whole food. Whole food fills you up faster than packaged food. It's also more nourishing, so your body feels like it actually ate a meal and you aren't as hungry later. The more you get into the whole food habit, the more your bad eating habits will fall away; you'll feel better, and your weight will normalize. Sure, there are overweight whole food eaters. If you eat too much whole food, then you might remain a bit broader around the middle. But while you can probably imagine eating too much candy or too many doughnuts, not very many people binge on apples or carrot sticks or home-roasted chicken with brown rice. Try it. You might find it's the easiest way you ever lost weight.

**I will finally get in shape!**

When you eat whole food, you are better nourished, so you feel better, you have more energy, and you are more likely to feel compelled to move your body the way nature intended. Simple.



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**I will eat better!**

Whole food = eating better. Done and done.

**I will be more environmentally conscious!**

Whole food, especially if it's locally produced and/or organic, is much kinder and less invasive to the environment than packaged food churned out in a factory and packaged up in lots of cardboard and plastic.

**I will cook for my family more often!**

You can eat a lot of whole food raw, like fruits and vegetables, but you'll likely want to cook some of it, especially in the chilly weather. Roast meat, boil and mash potatoes, steam veggies, stew fruit or bake it into pies. You don't have to spend hours every day. Cook on the weekends and store foods for the week, or just whip up simple things during the week — a big salad, turkey soup, rice and peas. The more you do it, the better you'll get at it, and it really can be fun. Consider it your new hobby (you were thinking of adding, Start a new hobby to your list, weren't you?).

**I will spend more time with my family!**

Eating dinner at the table with your family is one of the nicest ways to bond. Even if the teenagers complain, all you have to do is say, "No, Junior, you are not eating your dinner in your bedroom while playing that video game. Your mother needs to be able to look you in the eye for at least 15 minutes per day to make sure your brain isn't fried." Meanwhile, teenagers are always hungry because it's exhausting battling all those virtual aliens and doing homework and friending people on Facebook, so they might even gulp down the vegetables. It's win-win.

**I will stop ordering pizza and eating fast food!**

The more you gain a taste for real, whole food, the more the taste of cheap fast food loses its appeal. Sure, we all order a pizza every now and again, but it's what you do most of the time that counts.

**I will save more money!**

Whole food is cheaper. They say it's not, but it is. Fresh veggies and fruits are cheap in season and frozen veggies from

the off season can still be your friends. Whole poultry and roasts are cheaper than pre-made frozen dinners when you figure how much meat you get for your dollar. Buy staples in bulk. Rice, beans, nuts and seeds, oatmeal, flour, even special treats like local honey and maple syrup and almond butter—the bulk bins are bargain central.

**I will enjoy life more!**

When you're feeling better, losing weight, exercising more, eating better, and spending more time with your family, not to mention saving money, how can you not enjoy life more?

**I will be better about helping others!**

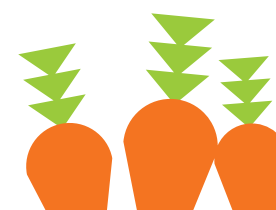
Feeding your family whole food is a great way to help others. Buying local, organic, and/or fair trade products helps others in ways you might never even consider. It's a ripple effect.

**I will be a better person!**

Define better: Happier? Nicer? Healthier? If that's what better is, then sure. Whole food will do you right.

So there you have it: One resolution. You can do that, right? Just the one. It's all you need, and it can and will transform you if you let it. Whole food is that powerful.

Best of all, you can really stick to this one. It's reasonable and realistic. Let's do it together. We're going to have a great year. I can already tell. **WFC**



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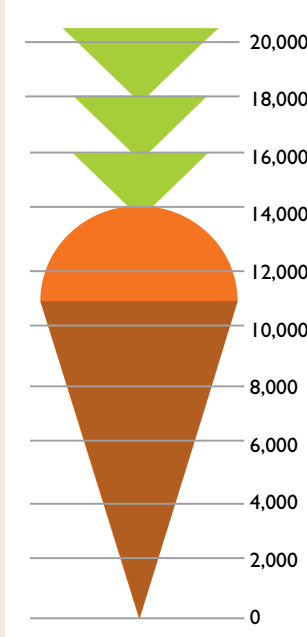
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[www.wholefoods.coop/ownership](http://www.wholefoods.coop/ownership)

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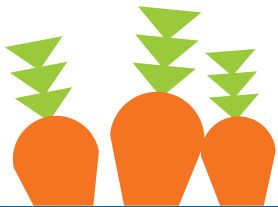
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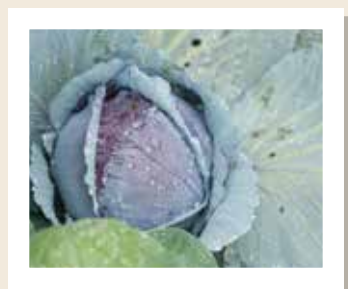
Check out these organizations working to make our LOCAL community food system better!



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- ▶ **Duluth Community Garden Program**  
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- ▶ **Lake Superior Sustainable Farming Association**  
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- ▶ **Minnesota Food Charter**  
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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  
[communityactionduluth.org](http://communityactionduluth.org)



# LOCAL Grower Profile

by Jen Gilbertson, Brand Education & Outreach Coordinator

**YKER ACRES**  
Wrenshall, Minnesota

Farming is the most demanding of occupations — there is no time clock, you don't get weekends off, heck, you're lucky some days to have time to sit down! There is always something to be done; a chore to complete, fencing to go up, animals to care for and a million things that can and do go wrong — bad weather, equipment breaking down, accidents, illness and sometimes death. But for the independent small farmer, this challenge is their dream. This is especially true for the Weik Family, Owner/Operators of Yker Acres. Matt and Sara Weik, along with their son Josey and Farm Manager Tiffany Edholm, are a well-oiled machine, each doing whatever is needed at any given time, as well as giving each other a well-deserved break once in a while. What was once a vegetable CSA on a 16 acre farm, with Josey selling piglets as a way to raise money to support his passion for biking has since blossomed into a 160 acre farm providing delicious pork products to area businesses like Lake Avenue Café, OMC Smokehouse and of course, Whole Foods Co-op!

2016 to 2017 was a year of firsts for the Weik family and Yker Acres — the Weik's moved their entire farm, an enormous undertaking, 7 miles down the road from their original 16 acre farm in Wrenshall to their new digs, all 160 acres of them, in Carlton, MN! They added a small herd of cows (36 total) to their livestock, along with their chickens, a few ducks and of course the pigs. In addition to the move, they've been working on improving the infrastructure of their new home, pouring a level, concrete floor in one of the barns for their farrowing pens (where the momma sows give birth to the piglets), adding a solar panel array to mitigate their energy consumption, swapping out an inefficient delivery truck for a more efficient vehicle, and building fencing for the pastures for the pigs so they can do what pigs do best – root, dig, wallow and play. They've also expanded the reach of their delicious pork products to include one of Duluth's newest restaurants, OMC Smokehouse (they are the "Oink" of Oink Moo Cluck!). It was definitely a huge year for Yker Acres.



Pigs are very intelligent creatures, and very social animals as well. While visiting the momma sows and piglets at Yker Acres I saw how the sows interact with each other, with the piglets, and with the humans in their space. The mommas will nurse any piglet, not just their own, and when one of the piglets made a squeal, all of the mommas came to the rescue, grunting to show they weren't happy with the situation.

Seeing Yker's pigs, it's hard to imagine what it would be like for these animals in a Concentrated Animal Feeding Operation, which is how the vast majority of pork is produced in America. There, breeding sows spend 95% of their life in a breeding crate, with their piglets taken away at 14 days old on average. For such an intelligent, social animal, this thought is unimaginable. Have you heard the saying, "Happy animals make tasty meat!"? Pigs raised humanely, pastured freely, able to root, dig and forage for food results in a better life for the pig and ultimately a superior quality product when the pig is harvested for food.



“Matt has a plan to restore the fertility of the land, but it will be a slow process... 20 acres at a time.”

It is clear that the Weiks get a great deal of joy and pleasure taking care of these animals — they know their breeding stock extremely well, even naming the sows and boars. Some might find their close relationship to the animals counterintuitive. It is difficult to imagine putting so much time, energy, care and love into a creature only to turn around to see it become food, but that is why farmers like the Weiks, and farms like Yker Acres, are vitally important. They care deeply about the animals they raise and their commitment is obvious. The Weiks' care for their pigs extends to all aspects of the pigs' life, including the harvesting of the animals; they want to ensure the animals do not suffer any undue stress and that the harvesting is done quickly, humanely and as peacefully as possible.

With the new farm has come many new challenges — the previous owners of the farm raised cattle and primarily grew hay on the property for feed. This led to the soil being seriously neglected. Matt has a plan to restore the fertility of the land, but it will be a slow process of growing cover crops of barley and peas, with an undercrop of kale, beets and turnips. The pigs will feed in the fields on these crops, with their leavings helping to fertilize the soil naturally. Luckily, the pigs LOVE this type of food and the foraging that goes along with it. The goal is to return the fertility to the land, 20 acres at a time.

It takes a lot of electricity to keep piglets warm and water flowing on a farm. Another addition to the new property was the 46 panel solar array the Weiks installed, along with 2 Tesla batteries which currently produces on average 14 kWh daily. This has led to their farm not only obtaining much of its needed energy from the sun, but it has also allowed them to sell their excess solar energy back to the grid, ultimately benefiting the community at large. Over the course of a year their solar production will far outweigh the amount of supplemental energy utilized when they are unable to use the solar array due to bad weather, drastically lowering their carbon footprint.

Their commitment to the environment has not gone unnoticed. This year they won the Joel Labovitz Entrepreneurial Success Award for Environmentally Engaged Entrepreneur, an honor they are rightfully very proud of.

Everything done on the farm has one end goal – it is all for the welfare of the animals which in turn will benefit the entire community. They hope to someday be large enough to employ fellow community members with livable wages and hope to continue to make a positive impact on the community. They are truly living their motto “Making a difference through small changes”!

WFC



# Warming News

## New Compostable Hot Beverage and Soup Containers

What's better than a hot and toasty beverage or a warm bowl of soup from the co-op on a lovely winter day? One that is delivered in a 100% compostable package, of course!

We are happy to announce that our hot beverage cups, soup containers and lids are now fully compostable, helping our co-op and Duluth meet sustainability goals and reduce landfill waste. Compostability is possible thanks to the use of polylactic acid (PLA), in the container linings and lids. PLA is a bioplastic, derived from renewable plant resources that will break down into soil when properly composted in commercial composting facilities. PLA-based packaging materials show environmental promise as an alternative to conventional petroleum-based plastics and they are one good way to help create a less polluted ecosystem.

Because we are committed to transparency, we want our customers to know that the hot beverage cups and soup containers we are sourcing utilize a corn-based PLA plastic (the most common kind) and the reality is that the vast majority of corn grown in the U.S. today is genetically modified. This means these new items are partially produced with genetic engineering, a label co-ops have opted to include on the bottom of the hot cups and soup containers because we believe that our customers have the right to know what they are purchasing and how it was made.

We work with our national purchasing cooperative, National Co+op Grocers (NCG), to source these items through Eco-Products, a national leader in compostable packaging. Both

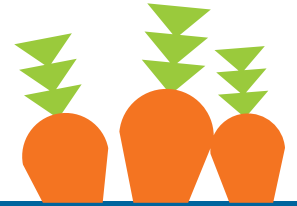


NCG and Eco-Products share our strong desire to source materials made from non-GMO sources, and are actively encouraging suppliers to bring viable non-GMO options to market. Since 2011, on behalf of food co-ops across the country, NCG has called on Congress to require food manufacturers to label GMO foods so that people can make informed purchasing decisions.

We are proud to advocate for consumer rights and will continue to act as a force for change within the grocery industry, pushing for more sustainable packaging options for our customers. You make this work possible by shopping here, thank you!

## Plastic bag recycling is back!

We have forged a new partnership with Pinewood Inc. that will allow shoppers to drop single-use plastic bags at our stores for recycling starting in January. We're excited about the return of this service, as it help keeps plastics out of the environment and aligns with our Co-op's values. [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](mailto:info@wholefoods.coop) with your current email address or go to [wholefoods.coop/coupons/](http://wholefoods.coop/coupons/)



### ACCESS DISCOUNT

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

**Carol Gieseke** (218) 728-3385

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(Japanese for "universal life energy")  
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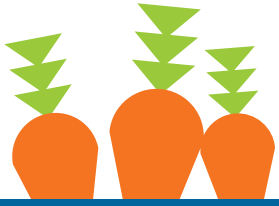
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IVCA Certified Animal Chiropractor • 26 Years of Chiropractic Practice  
Offices in Hermantown & Duluth • [animalkingdomchiropractic.com](http://animalkingdomchiropractic.com)



### 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.



### Interested in Teaching?



#### QUESTIONS?

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

**218.728.0884**

[brand@wholefoods.coop](mailto:brand@wholefoods.coop)

## JANUARY

### Kids in the Kitchen: Healthy After School Snacks!

Taught by 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 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!

Adam has a long history in the foodservice industry that ranges from his family's restaurant to his work as the Director of Foodservice for a local non-profit assisted living facility. Adam is a Certified Dietary Manager/Certified Foodservice Protection Professional (CDM/CFPP) with the Association of Nutrition & Foodservice Professionals (ANFP). Adam's love for satiating treats mushroomed when he lived and traveled in Eastern Europe. Today 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 is the soccer coach for his son's U6 soccer team.



# Co-op Community Education

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

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 winter classes has a few new offerings that we hope will bring people together in our Co-op to share knowledge, build community, and celebrate wellness. Many of these classes are absolutely free. 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!

### **basics:**

#### Ratatouille

Taught by Jen Gilbertson

Tuesday, January 9 | 6:00 PM – 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.

### Making Healthy Food Choices

Taught by Sherri Swanson

Thursday, January 11 | 6:00 PM – 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, etc.

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!

### Co-op Yoga

Taught by Joella Erin

Fridays: January 19, February 16,  
March 16, April 20 | 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.

### Allergy Roundtable Discussions

Facilitated by Judy Breuer

Saturday, January 20 | 11:00 AM – 12:30 PM

DENFELD Classroom

Tuesday, February 6 | 6:00 – 7:30 PM

HILLSIDE Classroom

**FREE!** Registration required, limit 20.

Do you or someone who is close to you have food allergies, sensitivities or dietary restrictions? Trudy Breuer is a food allergy/sensitivity safety educator and trainer who wants to hear about your challenges living with food restrictions. Whether it's day to day menu planning, shopping or eating out in restaurants, and at events and gatherings, avoiding allergens such as gluten, dairy, nuts and soy can be difficult. Come share your strategies and perspectives during this roundtable while you learn from others who also struggle with food allergies and sensitivities.

Judy Breuer, CHES is a graduate of the University of Minnesota Duluth in Community Health Education/Public Health and Promotion. Judy does Certified Training for restaurants to safely serve customers with food allergies and Celiac Disease. She has facilitated a monthly food sensitivity and health group in Duluth since 2010. Judy educates, advocates, and coaches from a place of training, experience, and passion.

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## Rush Hour Recipes: Pho with Shrimp (Vietnamese Cuisine)

Taught by 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!



## Know your Wild Roots: Cracking our Northern Nuts!

Taught by Gilbert Schwartz

Saturday, February 10 | 11:00 - 1:00 PM

**HILLSIDE Classroom**

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

With the popularity that distantly-grown nuts like almonds, cashews, and macadamias enjoy, it's time we take a closer look at the amazing selection of wild nuts we have growing abundantly here in the Midwest. During this class we will review identification, harvesting, and processing techniques with a focus on acorns, black walnuts, and wild hazelnuts. Attendees will have a chance to cook and sample various preparations like toasted nuts, nut oils, a coffee substitute and even acorn porridge!

*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.*

## Rush Hour Recipes: Spicy Korean Pork Stir Fry (Southeast Asian Cuisine)

Taught by Jen Gilbertson

Thursday, February 22 | 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 and all participants will get to try a bite!

## Food Allergy, Food Sensitivity and Celiac Disease; What Do They All Mean?

Taught by Judy Breuer

Tuesday, February 27 | 6:00 - 7:30 PM

**DENFELD Classroom**

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

Where does fact end and truth begin? When should we treat a dietary request with serious consideration? Terms like "gluten-free", "casein-free", or "vegan" can be confusing. Add to that all of the marketing hype and misinformation out there and it can be tough to make safe food choices. We will have examples of products from Whole Foods Co-op that are "clean", as well as examples of products that may contain hidden allergens. Great for anyone who has a food allergy/sensitivity or those who prepare food for someone who does.

## FEBRUARY



## Kids in the Kitchen: CHOCOLATE!

Taught by Jen Gilbertson

Saturday, February 3 | 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 all about chocolate, just in time to celebrate Valentine's Day! Students will learn about the origin of chocolate, have the opportunity to try different flavor profiles from savory to sweet and even try their hand at a few recipes featuring, you guessed it, CHOCOLATE!!

## Co-op basics:

### Ginger Miso Tofu & Snow Peas (Southeast Asian Cuisine)

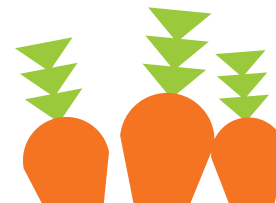
Taught by Jen Gilbertson

Tuesday, February 13 | 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! All will get to try the completed recipe!



## What's Happenin'?

**FREE Sample Fridays**  
12:00 - 1:00 PM, 5:00 - 6:00 PM  
Every Friday

**BOTH Co-op locations**

**Co-op Infusion Night**  
Friday, January 12 | 6:00 PM - 8:00 PM  
Enjoy a pint of Bent Paddle Brewing Company beer infused with fresh ingredients from Whole Foods Co-op!

**Bent Paddle Taproom**

**FREE Family Fun Day**  
Monday, January 15 | 10:00 AM - 11:30 AM

**WFC DENFELD Classroom**

**Food For Thought Tasting Event**  
Thursday, January 18

**Fond Du Lac Community College**

**FREE Co-op Yoga**  
Fridays: January 19, February 16,  
March 16 and April 20 | 5:30 PM - 6:30 PM  
Drop-in, no registration required, limit 10

**WFC DENFELD Classroom**

**FREE New Owner Store Tours**  
Saturdays: January 20, February 17,  
March 17 | 1:00 PM - 2:00 PM

**WFC DENFELD Classroom**

**St. Louis River Alliance Clean Water Gala Tasting Event**  
Friday, February 9

**Clyde Iron**

**FREE City of Duluth Skate for Your Heart Open Family Skating Event**  
Wednesday, February 14

**Heritage Sports Center**

**ARC Northland Chocolate After Dark Tasting Event**  
Thursday, March 8

**Holiday Inn Hotel & Suites Downtown**



## We're Social!



## @WholeFoodsCoop

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



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# Co-op Community Education

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

## MARCH

### Kids in the Kitchen: World Cuisine!

Taught by Jen Gilbertson

Saturday, March 3 | 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

Our students will be taught about three different regions of the world through the unique cuisine of those regions. We will explore the spice profiles that help identify specific regional foods and make the core recipes for those cultures, including Mediterranean (Greek), Asian (Thai) and South American (Brazilian).

### coop basics: Chana Masala (Indian Cuisine)

Taught by Jen Gilbertson

Tuesday, March 6 | 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! All will get to try the completed recipe!

### 28-Day Health Challenge!

Taught by Michelle Russell

Tuesdays: March 13, 20, 27, and April 3 | 6:00 PM – 7:30 PM

**DENFELD Classroom**

\$40 for WFC Owners, \$60 for non-Owners  
Registration required. Limit 20.

This is a 4-week healthy lifestyle program for those who:

- Would benefit from a whole-person approach to health & wellness
- Would like a support system when seeking wellness, weight loss, and lifestyle change
- Would like to learn how to curb carb, sugar and food cravings
- Want to improve their energy, sleep, and mood.

In this four class series we will set obtainable, individualized health goals and learn methods to reach those goals. Participants will meet weekly. Registration and participation is required for all four classes.

#### SESSION 1:

Tuesday, March 13 | 6:00 PM – 7:30 PM

- Introduction and goal setting
- Jump start your success — simple and safe detoxing.

#### SESSION 2:

Tuesday, March 20 | 6:00 – 7:30 PM

- Healthy mind and body with clean and glycemic impact eating
- The secrets of sugar — get off the sweet stuff!

#### SESSION 3:

Tuesday, March 27 | 6:00 - 7:30 PM

- Nutrition: protein, fats, and carbs
- How to read labels
- Planning and dining out

#### SESSION 4:

Tuesday, April 3 | 6:00 - 7:30 PM

- Stress and your health
- Living the lifestyle

*Michelle Russell, CHHP, CHTP, is 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.*

### Hands-on Louisiana Cajun Primer!

Taught by Arlene Coco Buscombe

Thursday, March 22 | 6:00 PM – 8:00 PM

**HILLSIDE Classroom**

\$30 for WFC Owners, \$40 for non-Owners  
Registration required. Limit 16.

Get ready for a night in the Big Easy! Learn classic Acadian recipes at the hands of an authentic Cajun ex-pat.

Learn the secrets of this flavorful American cuisine and master new dishes that will amaze your family and friends. In this special hands-on cooking class you will discover the secret to a great gumbo and process of making a roux. Jambalaya is the Cajun version of Paella and is easy to master once you practice mixing the ingredients before cooking. Other skills learned will be making a classic vinaigrette dressing and the ratios of basic custard mixes for desserts.

*Chef Arlene Coco has been cooking professionally for over 30 years and has a full portfolio of experience in the food world. As a culinary instructor, cookbook author, caterer and chef, she has visited over 19 countries where she has explored and studied the cuisines of numerous cultures. She shares her passion for food by teaching private cooking classes, food safety classes and coordinating team building cooking events.*

**Rush Hour Recipes:  
Vegetable Korma  
(Indian Cuisine)**

Taught by Jen Gilbertson

Thursday, March 29 | 6:00 PM – 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 and all participants will get to try a bite!



**APRIL**

**Kids in the Kitchen:  
Spring Brunch!**

Taught by Jen Gilbertson

Saturday, April 7 | 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

Our students will participate in making a beautiful springtime brunch, perfect for spring celebrations! We will learn how to create place settings and make several delicious brunch inspired recipes.

**coop basics :  
Ribollita (Italian Cuisine)**

Taught by Jen Gilbertson

Tuesday, April 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! All will get to try the completed recipe!

**Rush Hour Recipes:  
Linguini with Artichokes  
and Caramelized Onions  
(Italian Cuisine)**

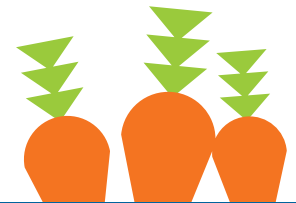
Taught by Jen Gilbertson

Thursday, April 26 | 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 and all participants will get to try a bite!



**Co-op Community  
Education**



**NEW YEAR, NEW YOU**

Do your new year's resolutions involve saving money or cooking more meals at home? Then you're in luck because there's plenty of new Co-op classes to help you do just that! Register today and start the year off right!

**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](http://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](http://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](mailto:brand@wholefoods.coop)

**Follow us!**

**@WholeFoodsCoop**

Follow us on social media to learn about classes and other happenings at the Co-op!



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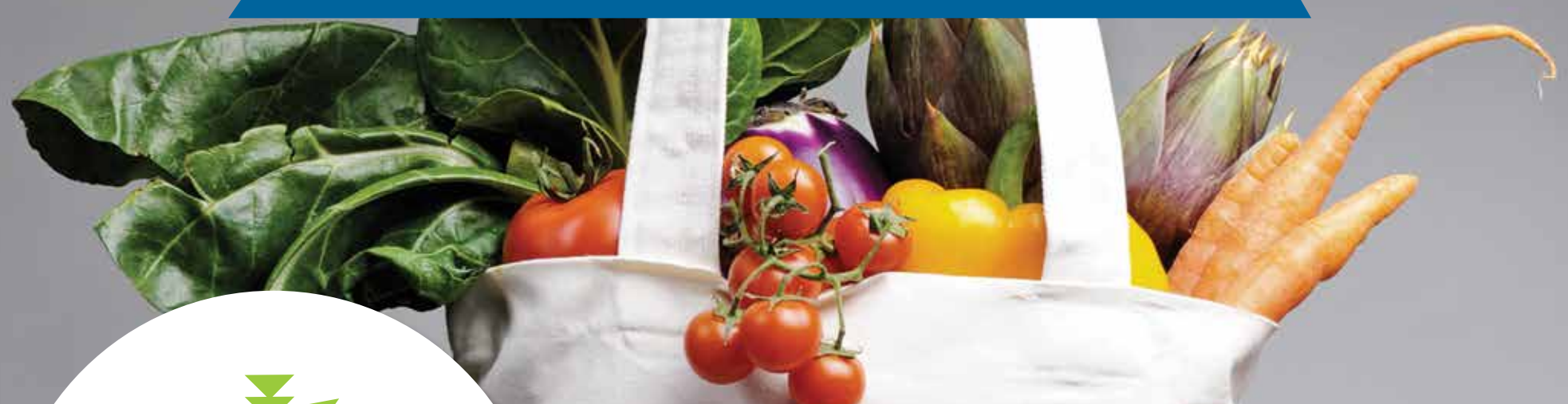
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WE  OUR OWNERS!



INTRODUCING...

# Owner Deals...



## New savings each month for Co-op Owners!

Our way of showing our appreciation and one of the many perks of Co-op Ownership.

### Owner Deal!

Valid for a single use JANUARY 10 - 16, 2018

# 15% OFF Wellness



Owners enjoy 15 % off all products in the Wellness department.

Deal valid at both Whole Foods Co-op locations. Single use, per Owner account. May not be applied to special orders. No cash value. Valid on one purchase of your choice during the week of January 10 - 16, 2018.

WHOLE FOODS CO-OP



499999002278

### Owner Deal!

Valid for a single use FEBRUARY 7 - 13, 2018

# 15% OFF Produce



Owners enjoy 15 % off all products in the Produce department.

Deal valid at both Whole Foods Co-op locations. Single use, per Owner account. May not be applied to special orders. No cash value. **Valid on one purchase of your choice during the week of February 7 - 13, 2018.**

WHOLE FOODS CO-OP



499999002285

### Owner Deal!

Valid for a single use MARCH 7 - 13, 2018

# 15% OFF Bulk



Owners enjoy 15 % off all products in the bulk Department.

Deal valid at both Whole Foods Co-op locations. Single use, per Owner account. May not be applied to special orders. No cash value. Valid on one purchase of your choice during the week of March 7 - 13, 2018.

WHOLE FOODS CO-OP



499999002292

### Co-op Owners...

We appreciate you!

That's why we're offering you these great savings at the Co-op! — Owner Deals will be appearing on the back page of the Gazette each issue so watch for more savings to come. No need to bring the coupon to the store. Your Owner Deals can be applied at the registers when you provide your Owner number.

### Owner Deal!

Coupon valid for a single purchase of your choice anytime between JANUARY 1 - MARCH 31, 2018

# \$5 OFF



Owners Enjoy \$5 off a purchase of \$40

Valid at both Whole Foods Co-op locations. Purchase requirement of \$40 before tax. One coupon per Owner account. May not be used with other coupons or discounts. Special order discounts do not apply. No cash value. **Valid on one purchase of your choice (January 1, 2018 - March 31, 2018).**

WHOLE FOODS CO-OP



499999002247

Want access to more Owner Deals? Sign up for Taste-Ecoupons!

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

Not an Owner? Want in on these deals? Ask about Ownership today!

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