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NEW YEAR'S EVE

Monday, December 31, 2018

OPEN 7 AM - 7 PM

NEW YEAR'S DAY

Tuesday, January 1, 2019

OPEN 9 AM - 9 PM

WHOLE FOODS CO-OP

GARBANZO GAZETTE



INSIDE:

▲ New Fall Classes!

▲ Food For Change Film Screening

▲ LOCAL Profile: Red Hoof Farm

FALL 2018

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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:
December 1, 2018

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:
November 15th, 2018

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

Responding to the Call

A few weeks ago, we received a comment from a customer that clearly illustrates an issue at Whole Foods Co-op: I feel like comment cards disappear into a black hole. Oh yes, I get it. I really appreciate this candid feedback and am grateful that the person who made the comment left a name and phone number so we could respond quickly and directly.

We've known the paper comment card system has been ripe for improvement and have been testing other ways to gather and process customer feedback for the past few months. I'm pleased to share that we've introduced an online system to capture and address customer comments. It increases responsiveness, improves the customer experience, and ends any and all perceptions of the vanishing comment.

Our new online system provides a platform for a customer to submit their inquiry for product requests, for comments specific to the Hillside or Denfeld stores, or for remarks or questions about WFC in general. It automatically directs the inquiry to the person who is best equipped to respond, placing the comment directly into their regular email workflow, instead of on a small slip of paper that can easily be lost in a shuffle of invoices and reports. Customers can opt to receive a response via email or can request a phone call.

The system also provides a pathway to clear up any ambiguity about what a customer means by their inquiry. We've received plenty of comment cards that aren't clear and often have no information about who made the comment. With the paper comment cards, we weren't able to follow up directly to see what was really meant by the inquiry. In these instances, we made our best effort to answer the question we believed was being asked; but if our interpretation wasn't right, the answer could end up frustrating the customer. The online system allows for clarification through direct communication.

Our new process also gives us the ability to archive comments and track trends, and to be more responsive when we have many shoppers requesting the same thing or expressing the same concern. I'm certain we would have brought Dahl's milk in the glass bottles, house-made muffins, and bulk peanut butter to the Denfeld store sooner than we did had the many, many customer requests for these items been quantified and tracked in an organized and comprehensive manner.

But what about anonymous comments? We're happy to receive commentary from customers who don't wish to attach their comments to their name; however, these comments will not receive a response. But they won't go into the abyss. These comments will also be archived and used to track trends in customer needs and desires.

To use the new system, please visit our website and enter your questions, product requests and other inquiries at wholefoods.coop/comment. Don't have a computer? Bring your inquiry to the customer service desk at either of our stores and we'll enter it into the system for swift response.

There are other ways for your voice to be heard at your Co-op. You're always free to reach out to me directly at shannigan@wholefoods.coop. Or you can connect with the Board of Directors at wfbod@wholefoods.coop. You're also welcome to attend a monthly board meeting, which always begins with an Open Listening Session where Owners are invited to share questions or topics of their choice with the Board of Directors.

And of course, there's the annual election and Owners meeting! Registration for the meeting closes on October 7th, and the election runs through October 12th. If you're reading this article immediately following its delivery to your mailbox, there's still time to participate! Find more information in our stores, on our website, and in the Voter's Guide which was recently mailed to all Owners.

And yes, please do submit your comments about our new comment system!! We want your feedback to make sure it's the best it can be for you and other customers.

With gratitude, and in cooperation,

Sarah Hannigan, General Manager **WFC**

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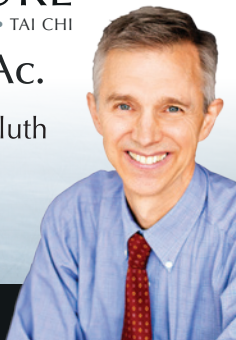


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Board Report



by Mickey Pearson, Board President

Engaging Owners

Fall always feels like a time with a notable spike in Board activity. Prepping for the annual meeting, undergoing the Board election and working at our usual retreat often make for the feeling of having lots of irons in the fire. While this year is no exception, we've also spent the last few months working towards two key pieces of significant Board work.

Over the course of the summer, the WFC Board made a goal and concerted effort to engage our owners on both proposed bylaws revisions and our newly revised Ends statement. In addition to an online survey, we all took part in various public events both at WFC and out in public, seeking feedback on the work thus far. Putting ourselves out there to talk about Board work doesn't always come naturally. It's easy for us to assume that our Board work comes across as tedious or dry to most people. However, I'm pleased to report that Board members spiced conversation up by grilling meats, pedaling the new bike blender, and sharing fresh salads at the Harrison Farmers Market. At every engagement, whether at local farmers markets, in our stores, or elsewhere, we always found thoughtful conversation and

great insights on how we were doing.

In many ways, both pieces reflect the core function of our Board. The bylaws are a technical document that works to define the very legal and operational aspects of how our co-op works. The Ends statement is a far more aspirational, mission-driven policy, meant to better define the overarching ethos of why we do what we do. After spending much of the last year on these two projects, the Board is excited to see the results of the owner vote on the bylaws and share the newly revised Ends statement with our owners at the upcoming annual meeting.

While our summer goal of meeting and talking to owners was initially designed with a specific goal of Ends feedback and Bylaws education, we all got more out of it than simple data points. Time and time again, our owners show their best colors. We hear thoughtful questions borne from genuine curiosity, enthusiasm for our stores, and constructive feedback both positive and negative. We now know we can count all of you for working with us on our big ideas.



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 at either of our stores.

UPCOMING G.I.V.E. RECIPIENTS

- October:**
WFC Fran Skinner Memorial Matching Fund
- November:**
Domestic Abuse Intervention Program (DAIP)
- December:**
Wildwoods

In 2017 WFC shoppers rounded up their change to G.I.V.E \$63,771 to local non-profits working to make our community stronger, safer, healthier and more equitable.

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/

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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jharvie@wholefoods.coop

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Treasurer



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rjonescasey@wholefoods.coop

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brnelson@wholefoods.coop

DALE PEACOCK



Term expires 2020
dpeacock@wholefoods.coop

MICKY PEARSON
Board President



Term expires 2018
mpearson@wholefoods.coop

JEAN SRAMEK



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:
218.728.0884

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



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.



Food Co-ops Have A Viable Economic Future

By Al Norman

October, 2018 is National Food Co-op Month. In this article we talk with Steve Alves, the filmmaker who wrote and produced Food for Change, a documentary focusing on food co-ops as a force for social and economic change in American culture. It is the first film to examine the important historical role played by food co-ops, and their pioneering efforts to create regional food systems. Here is our interview with filmmaker Alves:



Q: What did you learn from making this film about co-ops?

Alves: I was surprised at how entrepreneurial some co-ops have become, and how central they are to the economic vitality of their community. We have co-ops now that have grown from a small start-up, to a multi-million enterprise. At the same time, they have remained faithful to their vision of community control, sustainable growth, and healthy products. I traveled from the Florida Panhandle to the Puget Sound—have talked with hundreds of co-op leaders—and everywhere I visited, I met people who were committed to lifting their community's quality of life, improving the local economy, and offering their neighbors the healthiest food they could find. Co-ops are clearly providing their members with an authentic alternative to corporate food. As the food industry consolidates, co-ops remain as the exciting option for community-based food sourcing.

Q: Are co-ops economically viable in today's brick and mortar and ecommerce marketplace?

Alves: Yes, more than ever. Many coops today have become a major retail anchor in their community. The upside potential is still great. Food co-ops I researched in Italy have an 18% market share, emphasizing food quality and safety over price - this sets them apart from their competitors. Food co-ops here can learn from them. Co-ops also need to become accessible on

the internet, and collaborations of regional co-ops in this regard could be critical.

Q: What ingredients make a food co-op successful?

Alves: First, a board of directors that knows its role and how to work together, resolve conflicts, and create policies that allow staff to do their jobs. Second, a General Manager who understands the challenges of the today's crowded grocery industry, their community, and who can listen and lead. Third, member/owners who know what the co-op's mission is, and who reflect that mission with their participation and in their shopping habits.

Q: Where do co-ops beat the competition?

Alves: Have you ever gone into a big box store and looked for food produced by local farmers? Co-ops excel in local food, and increasingly consumers come through the door looking for products that are sourced from the surrounding communities. Co-ops offer products that you won't find in corporate grocery stores. It's a shopping experience that makes you feel part of a community.

Q: What are the biggest challenges facing coops today?

Alves: The natural and organic foods niche that foods co-ops pioneered is over. Competition is growing everywhere. Co-ops must have a unique, vibrant atmosphere and product array. Co-ops thrive on the loyalty of its member/owners. Find local experts to offer workshops on healthy foods; feature local producers of the month; have area musicians entertaining shoppers; write a column on food in your local newspaper; bring the life of the community into your store and the life of the store into your community. There's a lot more at stake than just shopping.



Food co-ops across the country, including Whole Foods Coop, will be holding special public screenings of Food for Change during National Food Co-op month. The screening will be held on Saturday, October 20th, 7pm at the Zinema. more info at www.wholefoods.coop/annualmeeting

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Ownership Update

Abandoned Equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgement that in Fiscal Year 2018 WFC achieved growth in new Owners, in new equity and in earnings, the Board unanimously approved returning up \$3000, net after any indebtedness owed to WFC, of the oldest abandoned equity (no current address on file and/or 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* and allow at least sixty (60) days (by December 15th, 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 16th, 2018.

See the list below for their names.



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

Can you help us locate these folks?

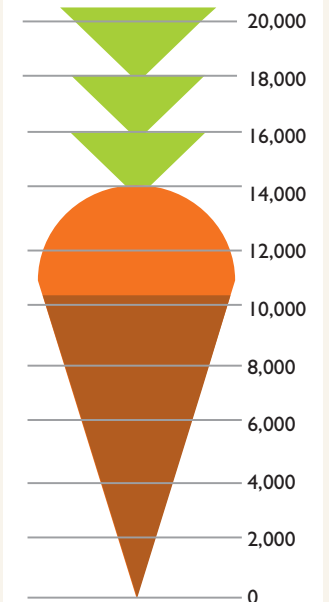
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www.wholefoods.coop/ownership

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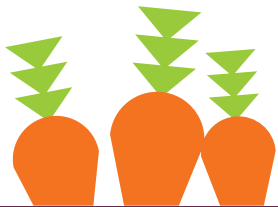
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LOCAL Matters

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



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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

 **Red Hoof Farm**

Along the South Shore of Lake Superior, about halfway between Duluth and Bayfield is Port Wing, WI. This is the home of Red Hoof Farm, a certified Organic dairy and beef farm where Owner-Operator Dale Peacock and his family raise a small herd (66 total head) of Normande cattle.

As you are undoubtedly aware, one of the chief concerns of Whole Foods Co-op is LOCAL and Organic food. We want our food to be grown/raised as close to home as possible, without the use of harmful chemicals, with an emphasis on sustainable practices. When it comes to the meat products we sell we want to know the animals are treated humanely and are not confined or given unnecessary medications. Red Hoof Farm certainly checks all of these boxes.

Beginning with an education in Soil Sciences and with a strong connection to conservation, Dale began farming about 21 years ago in Thorp, WI. In 2001 he began supplying his milk to Organic Valley,



a Wisconsin based, farmer-owned cooperative dedicated to providing Organic dairy products. In 2011 they moved up to Port Wing, naming their 360 acres Red Hoof Farm. I recently sat down with Dale and two of his three daughters (Alex, Tess and Elanor all pitch in around the farm - along with Farm Intern Xander Waters while friend Chuck Martinson provides invaluable advice). When I asked "Where did you get the name Red Hoof Farm?" they began to laugh. It's a combination of names the family members

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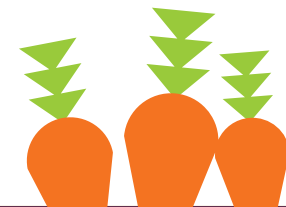


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WHOLE FOODS CO-OP

Access Discount



ACCESS DISCOUNT PROGRAM

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 card 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 Fund

WHOLE FOODS CO-OP

Ownership for All!

We think everyone deserves access to Co-op Ownership. That's why we offer Owner equity payment assistance for those who qualify.



FRAN SKINNER MEMORIAL MATCHING FUND PROGRAM

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 Fran Skinner Memorial Matching Fund card available at the Customer Service Counter.

suggested, mostly owing to the color of the Normande breed (mostly red and white with red hooves), and also due to the sticky clay soil of the area. Based on some of the other questionable options they threw out (Ladies by the Lake?) Red Hoof Farm was great choice.



According to Dale, the biggest difference between himself and other conventional farmers is his focus on, and management of his 80 acres of dedicated pasture land. As opposed to Concentrated Animal Feed Lots (CAFO's) where animals are confined and fed anything that will cause them to gain weight quickly and cheaply, all cattle at Red Hoof Farm are grass fed and pasture raised. Dale moves his "girls" to a different pasture every 12 to 24 hours to ensure they have plenty of fresh grass and prevents overgrazing which could result in possible soil erosion and reduced biodiversity. Access to pastures is the most

critical piece of his operation. Without it, his cows get insufficient feed and must then be fed hay and silage (a fermented, high-moisture stored fodder). Weather plays another, albeit uncontrollable, factor in pasture raising animals. If there is a drought the grass doesn't grow leading again to poor feed for the herd.



The hardest part of raising beef cattle is harvesting for meat. Dale makes it as easy on the animals as possible, driving his own small trailer with a bed of fresh straw and sawdust which holds a maximum of 4 cows. It's a 3 1/2 hour drive to the Organic certified slaughter house. It is his hope to someday build an on-sight organic slaughter house on his farm so he can

go that much further to ensure his animals have the best quality of life through to the very end.

Red Hoof Farm is committed to providing a great life for the animals in their care and to producing the best product for us.

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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

CURRENT INSTRUCTORS:

Jen Gilbertson

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. Whether it's working with kids or adults, Jen enjoys discovering and trying new recipes and is always up for a cooking challenge.

Gil Schwatz

Gil Schwatz, 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.

Michelle Russell

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.

Stacey Quade

Stacey Quade, COTA/L, CHTP/I, Herbalist, has maintained a private practice in Healing Touch and Herbal Medicine since 2002 years in Duluth, MN. Certified in 2014 as a Foundations in Healing Touch -Course 1 instructor. Stacey's experience in Herbal experience stems from a lifelong relationship with plants and nature. Structured learning and clinical education began in 2002. Herbal products are available through direct sales and in community at the Duluth Whole Foods Co-op and other local businesses.

Stacey teaches classes on a variety of wellness topics, including energetic principles, diet/nutrition and lifestyle basics and herbalism in the Duluth area and surrounding communities.

Joseph Quade

Joseph Quade of Great Lakes Therapies is a Physical Therapist specializing in manual and movement therapies for chronic and acute pain, injury prevention and rehabilitation, and overall physical/mental/emotional healing. As a Physical Therapist since 1997 he has studied a variety of modalities for manual and musculo-skeletal rehabilitation. Focus points of his training include: Myofascial Release, Core Stabilization, Cranial Sacral Therapy (Level I), Strength and Conditioning, Mechanical Link, Tai Chi, Healing Touch (Level I), and Herbalism.

Arlene Coco Buscombe

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



Co-op Community Education

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

WFC Classes and Events Schedule

OCTOBER

Kids in the Kitchen: Basic Kitchen Skills

Jen Gilbertson

Saturday, October 6 | 11:00 AM-1:00 PM

DENFELD Classroom

\$10 WFC Owners | \$15 Non-Owners
Registration required. Limit 12
Recommended age – 5 years and older

Join Whole Foods Co-op staff member (and mother) Jen 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! This class is recommended to students who have not attended our previous classes, as well as those who need to brush up on their basic cooking skills.

Co-op Basics Recipes: Delicious Mushrooms! THIS CLASS IS FULL

Jen Gilbertson

Tuesday, October 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! This month we will focus on mushrooms, learning to prep a variety of common and wild mushrooms and learn more about their varying flavor profiles!

Know your Wild Roots: Foraging for Wild Pizzas!

Gilbert Schwartz

Tuesday, October 23 | 6:00 – 8:00 PM

HILLSIDE Classroom

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

Incorporate an array of locally available wild flavors into a tasty, and truly unique pizza! Beginning with an acorn and wild rice crust that will be slathered with a wild herb seasoned sauce, hazelnut and milkweed "cheese", and topped with wild mushrooms and greens. During preparation, attendees will learn plant identification and harvesting tips, as well as flavor profiles and cooking characteristics of the various ingredients.



28 Day Health Challenge!

Michelle Russell

Thursday, October 25, and November 1, 8, and 15 | 5:30 PM – 7:00 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 01, October 25

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

SESSION 02, November 1

Healthy Mind & Body with Clean and Glycemic Impact Eating
The Secrets of Sugar - Get off the Sweet Stuff!

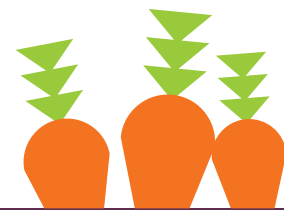
SESSION 03, November 8

Nutrition: Protein, Fats, and Carbs
How to Read Labels
Planning & Dining Out

SESSION 04, November 15

Stress and Your Health
Living the Lifestyle





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! This month we will learn how fast and easy it can be to make flavorful soups at home!



Kitchen Cupboard Wellness

Stacey Quade

Tuesday, October 30 | 6:00 – 7:30 PM

HILLSIDE Classroom

\$15 for WFC Owners / \$20 for non-Owners

Registration required. Limit 12

An onion is good for what?! The sweet relief of honey. Take the time for Thyme. Sage wisdom.

That's "mint!" (OK how many of you dated yourself with that one!?) Ginger-ly or not, Cinnamon is a cinch!

Cayenne you see how warming spices can help you be healthy. There are more- but I'll stop here!

If you would like to:

Learn about common herbal remedies you have right in your kitchen. What they are and why they work.

Learn easy recipes, try some FREE SAMPLES, assist your body in balancing to prevent and relieve symptoms of colds, flu, for supporting your wellness every day, and have some FUN!

NOVEMBER

Kids in the Kitchen: Easy Italian!

Jen Gilbertson

Saturday, November 3 | 11:00 AM–1:00 PM

DENFELD Classroom

\$10 WFC Owners / \$15 Non-Owners

Registration required. Limit 12

Recommended age – 5 years and older

Join us for a tour of Italy! Our young chefs will explore regional Italian cuisine, learn about different kinds of pasta, and make some simple and tasty Italian recipes including Marinara and Alfredo sauces, and finish with a kid-friendly Tiramisu!

Co-op Basics Recipes: Soups On!

Jen Gilbertson

Tuesday, November 6 | 11:30 AM–1:00 PM

HILLSIDE Classroom

Free, registration required: Limit 20

Wholesome, hearty and yummy

Exercise is Not Extra!

Joseph Quade

Tuesday, November 13 | 6:00 PM – 7:30 PM

DENFELD Classroom

\$15 WFC Owners / \$20 Non-Owners

Registration required. Limit 20

Are you ready for relief from neck, back, shoulder, and other joint pain? More energy?

In this interactive class you will:

Learn effective safe exercises to enhance: Core strength, Posture, Flexibility, Strength, Endurance.

Participate in small group interactive learning for all techniques.

Learn to recognize predominant postural patterns that you hold yourself in while working, playing and being.

Co+op News Bites

ELECTION TIME:

It's time to elect your WFC Board Of Directors.

All Owners were mailed a voter's guide in September to help you learn more about the candidates. In it you will also find a primer about the by-laws revision that is also on the ballot this year. The election is now open and continues through October 12th.

More info can also be found at wholefoods.coop/vote

ANNUAL OWNER MEETING:

The Annual Owners Meeting & Dinner will be held on Tuesday, October 16th at the DECC.

Look for details in your Voter guide (mailed to all Owners in September)

Pre-registration deadline is October 7th.

Hope to SEE YOU ALL THERE!!

What's Happenin'?

UPCOMING EVENTS

Friday, Oct 12th
Bent Paddle Infusion Night, 6pm to 8pm | Bent Paddle Tap Room

Saturday, Oct 13th
Duluth Art Institute Family **FREE** Day, 11am to 2pm | Duluth Art Institute Lincoln Park Building

Tuesday, Oct 16th
Annual Owner Dinner & Meeting, 5pm to 7:45 pm | The DECC Harborside Ballroom

Friday, Oct 19th
Co-op Yoga Nigh, 5:30pm to 6:30pm | WFC Denfeld Classroom

Saturday Oct 20th
"Food For Change" Film Screening, 7:00pm | Zinema

Wednesday Nov 14th
Bridge To Wellness Health Fair, 8:00am to 3:00pm | DECC

Friday, Nov 16th
Co-op Yoga Night. 5:30 to 6:30pm | WFC Denfeld Classroom

Friday, Dec 14th
Co-op Yoga Night, 5:30 to 6:30 pm | WFC Denfeld Classroom



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Co-op Community Education

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Medicinal Herbal Infusions

Stacey Quade

Tuesday, November 20 | 6:00 – 7:30 PM

HILLSIDE Classroom

\$15 WFC Owners / \$20 Non-Owners
Registration required. Limit 12

How they can help you:

1. Rebalance your physical constitution
2. Decrease inflammation
3. Soothe irritated tissues
4. Improve digestion, and more...

Taste, Smell, Feel ... are clues that help us discern the different properties of herbs and the way they can help us to rebalance. This class will help you identify common and easy to access herbs to experience several different herbal infusions. Practice picking up the subtle and not so subtle characteristics of the herbs to ID how they can help you with rebalancing organ systems and tissues in your body and apply principles to other foods and herbs that are commonly used.

DECEMBER

Kids in the Kitchen: Holiday Treats!

Jen Gilbertson

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

DENFELD Classroom

\$10 WFC Owners / \$15 Non-Owners
Registration required. Limit 12
Recommended age – 5 years and older

Back by popular demand! In this class our young chefs will make lots

of delicious treats perfect for gifting during the holiday season! Traditional (and some not-so-traditional) cookies, bars, and truffles will all be a part of this sweet experience!

Prep and Freeze for the Holidays

Chef Arlene Coco Buscome

Thursday, December 6 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

\$30 WFC Owners / \$40 Non-Owners

Registration required. Limit 16

The Holidays can mean a lot of hustle and bustle and leave little time for meal prep, but in this class you will learn from Chef Arlene several delicious recipes perfect to prepare ahead and freeze to pull out when you have little time, but want to serve something truly special. The menu includes: Stuffed Pork Tenderloin Stuffed served with Fig Cranberry Chutney, Apple Praline French Toast Bake, Skinny Vegetable Soup (because you don't always want to eat decadently!), and Sticky Toffee Pudding with Salted Caramel Butterscotch Sauce.

Do Your Feet Hurt?

Joseph Quade

Tuesday, December 11 | 6:00 – 7:30 PM

HILLSIDE Classroom

\$15 WFC Owners / \$20 Non-Owners
Registration required. Limit 20

Take the time to come and learn why your feet take such a beating and how you can apply these simple techniques to make them feel better.

In this class you will learn:

1. The basic structure of the foot and how it supports you.

2. The common problems affecting the feet; plantar fasciitis, bunions, corns, and more.

3. The common injuries; sprains, toe jams, fractures.

4. What you can do to repair, rebuild, and give them some love!

Help Me Sleep!

Stacey Quade

Thursday, December 13 | 6:00 – 7:30 PM

HILLSIDE Classroom

\$15 WFC Owners / \$20 Non-Owners
Registration required. Limit 20

Participants will:

1. Identify common factors that keep you from sleeping well.
2. Obtain information for changing activity/sleep patterns.
3. Learn about herbal nervines and adaptogens - herbs that help support and calm your nervous system, and endocrine system which can help you sleep better, feel more rested and less stressed.

Co-op Basics Recipes: Entertaining Made Easy!

Jen Gilbertson

Tuesday, December 18 | 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! This month we will learn (and sample) some easy appetizers perfect for entertaining!



JANUARY

Kids in the Kitchen: Easy (and Healthy) Snacks!

Jen Gilbertson

Saturday, January 5 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 WFC Owners / \$15 Non-Owners
Registration required. Limit 12
Recommended age – 5 years and older

We hear it all the time – “There’s nothing to eat!” In this class our students will learn easy, healthy and super delicious recipes designed to empower our young chefs and hopefully alleviate the “nothing to eat” blues!

Co-op Basics Recipes: Carb-free Feast!

Jen Gilbertson

Thursday, January 10 | 11:30 AM – 1:00 PM

HILLSIDE Classroom

Free, registration required. Limit 20

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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! Perfect for those looking to cut the carbs, this month we will make delicious recipes that are low or completely free of any carbohydrates!

pH and Inflammation

Stacey Quade

Tuesday, January 15 | 6:00 PM – 7:30 PM

 **HILLSIDE Classroom**

\$15 WFC Owners / \$20 Non-Owners

Registration required. Limit 20

Everything we put into our bodies and also things that impact us in the environment affect our pH. Emotions and stress have significant impacts on our pH, what you are thinking about while you are eating/preparing food, etc. has at least an equal if not higher effect on our pH. pH directly relates to the inflammation process and disease process vs wellness. Learn about acidic vs alkalizing food choices, habits and behaviors that are contributing to your wellness. Learn how to check your pH, what is optimal pH, and signals your body is giving you.

Food Allergies and Sensitivities: Is Gluten and Dairy-free the Way to Be – For Me?

Stacey Quade

Tuesday, January 22 | 6:00 PM – 7:30 PM

 **HILLSIDE Classroom**

\$15 WFC Owners / \$20 Non-Owners

Registration required. Limit 20

Class participants will:

Learn the basic immune function response that causes a reaction.

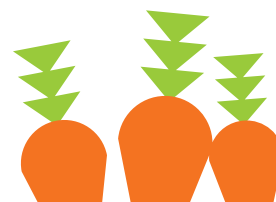
Identify sub-acute and acute

conditions and symptoms that could be manifesting from a food sensitivity.

Learn strategies, lifestyle changes and resources to assist with eliminating allergens and improve wellness.

Understand the process of how the body heals from allergies and what to expect.

Learn how easy it is to prepare some favorite comfort foods and taste how good GF and ND can be!



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



Attention Artists!

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

We'll be selecting artists for the 2019 calendar year soon. Application materials and instructions can be found at: www.wholefoods.coop/community/supporting-local-artists/




Dear Finder 2018
October 11–20

Significant Other
By Joshua Harmon
November 8–17

DANCE WORKS
November 29–December 2


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