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CO-OP



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Co-op Owners...We appreciate you!

That's why we offer these GREAT ways to save at the Co-op! --- Remember to check the back page of each issue of the Garbanzo Gazette for the most current Owner Deals. No need to bring the coupon to the store...your Owner Deals can be applied at the registers when you provide your Owner number.

Want access to more Owner Deals?

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IN THIS ISSUE:

- ▶ **G.I.V.E. tops \$75,000 in 2018**
- ▶ **Grocery delivery available in the New Year**
- ▶ **LOCAL Profile: Rogotzke's Simple Gifts Syrup and Salmon**

AND MORE!

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WHOLE FOODS CO-OP

GARBANZO GAZETTE



INSIDE:

- ▶ **G.I.V.E. tops \$75,000 in 2018**
- ▶ **Grocery delivery available in the New Year**
- ▶ **LOCAL Profile: Rogotzke's Simple Gifts Syrup and Salmon**

WINTER 2019

Working Together

The Community Partnership 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 provides information on Whole Foods Co-op, the cooperative movement, food, nutrition and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners.

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www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:
March 1, 2019.

Refer submissions and questions to:
brand@wholefoods.coop

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For advertising questions, contact:
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SHARE THE LOVE

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



Management Report

by Sarah Hannigan, General Manager & WFC Owner

Going the Distance

“Community integration and involvement is putting it lightly when referring to the Whole Foods Co-op.” - CHOICE, unlimited Employer Newsletter, November 2018

Concern for community is one of the seven cooperative principles. At Whole Foods Co-op, we are driven each day to make connections and grow relationships that support our community and demonstrate our commitment to fostering a healthy community.

While there are many activities and connections that are well known – supporting local vendors, connecting shoppers to organizations and promoting sustainable products and environmentally sound practices – there are many others that happen behind the scenes, and without much fanfare. At the October Annual Owners Meeting, when a few Owners brought forward ideas that echoed things that our co-op already does, I realized that it's time to share more about these projects and programs. They have some of the greatest positive impact in our community and are some of the things that really set our co-op apart from all the other places one can buy groceries.

In November, WFC received the Going the Distance award at CHOICE, unlimited's 25th Anniversary Celebration. CHOICE, unlimited creates and enhances opportunities for individuals with disabilities. For the past 23 years, WFC has provided long-term employment for one of their clients. This individual holds the second longest tenure of all WFC employees and has been supported by the same job coach throughout their employment. Much has changed at WFC over these 23 years, yet this employee – who processes cardboard for recycling and is a fixture in the receiving area of the Hillside store – consistently shows up eager to work, greeting co-workers with a fierce high-five. The pride felt by this employee in getting the job done is unmistakable. Through our partnership with CHOICE, unlimited, we've been able to demonstrate our commitment to creating a diverse workplace and supporting employees with meaningful work.

Another ongoing commitment for WFC is the donation of food that isn't fit for the retail shelves but is perfectly fine for consumption (one example is 'ugly produce').

We maintain long-term relationships with the Loaves and Fishes community as well as Second Harvest Northern Lakes Food Bank to distribute donated food directly to programs that address food insecurity and hunger in the community. Six days a week, hundreds of pounds of food are picked up from our stores and brought directly to area food shelves for distribution to families and individuals, and to community kitchens to be incorporated into the meals they serve to those in need. Through these donations, WFC helps address food insecurity in the community, while participating in the full circle of our local food system.

Our co-op also works tirelessly on education throughout the community. WFC staff have taught or facilitated classes and learning events just about everywhere you can imagine. We've taught in classrooms throughout the Twin Ports – from pre-school to college level and everything in between. We've also hosted classes in wide variety of informal public settings, from libraries to farmers markets, health fairs to wellness forums. Areas of focus include cooking and natural foods (of course), but also sustainability, how the co-op contributes to the local economy, healthy lifestyles, and the cooperative business model. All of this is in addition to the regular schedule of classes we offer each season (do see the offerings in the pages ahead!). Fostering relationships and building connection between our co-op and the greater community are natural results of our educational outreach efforts.

I've provided you here with a sampling of ways WFC goes the distance. In this new year, we resolve to not only continue to grow the connections and positive impact in the community, but also to do a better job telling the stories of these connections. Every month we'll highlight a different aspect of our outreach efforts to keep you informed about what our co-op is doing to make your community a healthier, happier and safer place for all of us. It's in these stories that you'll find the co-op difference and more reasons to be proud Owner of WFC.

As always, feel free to reach out directly to me with questions, concerns and ideas at shannigan@wholefoods.coop.

In cooperation,

Sarah Hannigan, General Manager WFC

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Board Report



by Mickey Pearson, WFC Board President

A Board With a Plan



Meet your Board! Top row (left to right): Heather Strasser, Jean Sramek, Kim Nordin (Secretary), Maria Isley, Dale Peacock. Bottom row: Brandon Smith, Ryan Jones-Casey (Treasurer), Jamie Harvie (Vice President), and Mickey Pearson (Board President).

The 2018 election was an exciting step for Whole Foods Co-op, as our Owners resoundingly supported some ambitious and exciting developments in the way the Board governs and works. At the annual meeting in October, we announced the results, but also had the opportunity to unveil work on our new ENDS statement.

First and foremost, the Owners' approval of our amended and revised bylaws brings with it four new faces to the Board as our number grows from seven to nine members. Jean Sramek and I were re-elected and we welcome Maria Isley, Kim Nordin, Brandon Smith, and Heather Strasser to our ranks. With nine members, we have greater capacity to engage a broader spectrum of our Owners, collaborate on new projects and have deeper discussion around our common work. We also said goodbye to Carol Andrews and Brad Nelson, two dedicated Board members whose contributions can't be understated.

Inspired by the work of the bylaws committee, the Board took a closer look at our ENDS statement, the foundational piece that best defines why the Co-op exists. For the Board, it's a key piece of our strategic roadmap. For management, it's the lens through which their day-to-day decisions can be viewed as means to a higher purpose. While each Board member worked on this, we also collaborated with the management team in a joint retreat last spring to get their specific insights on the lofty and inspired ideals we all commit to.

Our new ENDS statement is as follows:

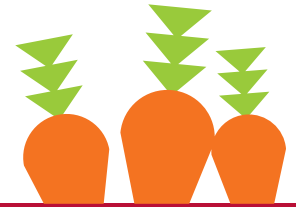
Whole Foods Co-op is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community.

A healthy community is one which nurtures emotional, mental, spiritual and physical health.

WFC creates a healthy community by:

- Requiring a robust local, sustainable food system
- Prioritizing equity and diversity
- Nourishing and replenishing water, air and soil
- Fostering relationships and human connection
- Resting on local and shared Ownership

Thanks, as always to all the Owners who worked with us last year as we took on some big projects. The next year looks like a fantastic launch pad for the future of our Co-op and we're eager to keep up our momentum! **WFC**



WHOLE FOODS CO-OP

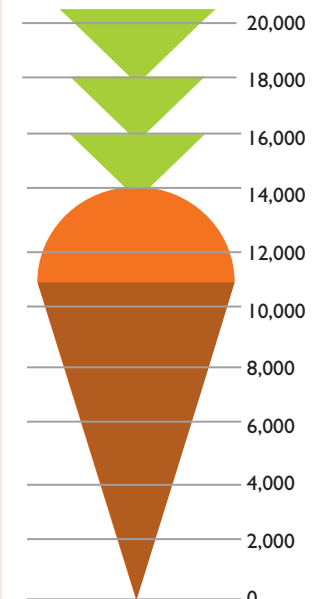
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- ▶ Patronage rebate eligibility when WFC is profitable

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Our Co-op currently has 10,892 Owners and we are continually growing! Sign up today to become one of our new Owners!

Current Ownership investment: \$100 per voting membership. Further ownership information is available at the Whole Foods Co-op website and in the store at the Customer Service Counter.


www.wholefoods.coop/ownership

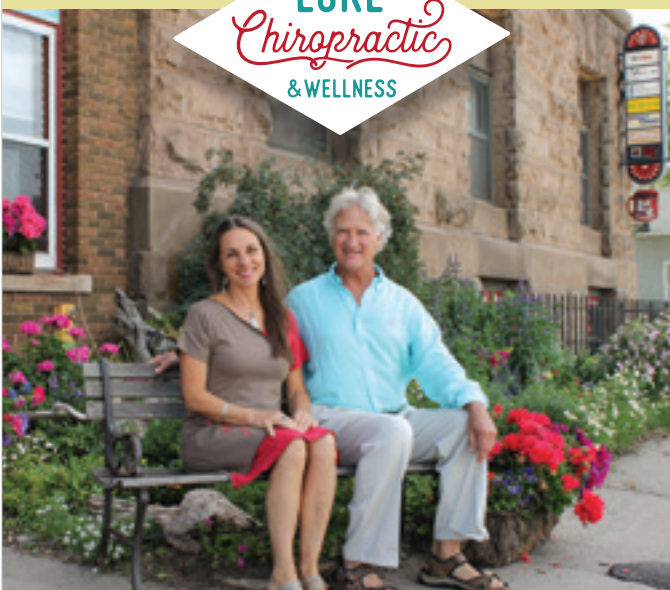
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- 


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- 


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- 

KIM NORDIN
 Secretary
 Term expires 2021
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- 

DALE PEACOCK
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- 

MICKEY PEARSON
 President
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BRANDON SMITH
 Term expires 2021
brandonsmith@wholefoods.coop
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JEAN SRAMEK
 Term expires 2019
jsramek@wholefoods.coop
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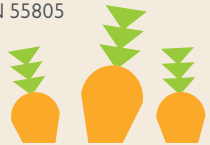
HEATHER STRASSER
 Term expires 2019
hstrasser@wholefoods.coop

To submit a comment or request a product, visit wholefoods.coop/comment

To contact the Board of Directors, email wfcbod@wholefoods.coop

Letters addressed to the Board or a particular board member c/o Whole Foods Co-op 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.



Co-op Shoppers G.I.V.E

by Ali Wade, WFC Brand Manager

The Power of Change

We're Minnesotans. We say long goodbyes, never take the last cookie, and don't boast about our accomplishments. Sometimes, though, you have to "toot your own horn" (as every Minnesotan grandmother would say,) if you want people to know about the good things you've been doing. That's especially true if, by telling more people, more good things can be done. Your Whole Foods Co-op does a lot of good things. In fact, that is one of the biggest ways that we are different from other grocery stores. We exist, in part, to make our community stronger, not just by selling awesome LOCAL foods from amazing LOCAL producers, but through our engagement with a network of community organizations and partners that are creating more equity in our community, embracing diversity, empowering and educating youth, celebrating art, improving health, caring for the environment and championing social justice.

One of the greatest ways WFC is supporting these organizations is through the power of change, that is, the spare change that our shoppers "round-up" at the registers during our monthly G.I.V.E. campaigns. G.I.V.E. stands for **Generously Investing in Vital Entities**, and Whole Foods Co-op shoppers have been generous! In 2018, G.I.V.E raised more than \$75,000 in donations to various non-profit entities doing important work in our community. That's truly incredible, and a real testament to the power of co-operation. By rounding up your spare nickels and dimes, you helped to create significant changes right here in local neighborhoods

Margie Nelson, Community Engagement Officer for Life House, a non-profit providing resources and assistance to homeless youth, says the funds helped them offer nutritious meals to the teens at their outreach center. "Life House has been able to consistently add fresh food to our daily meal service including a CSA share. Our youth have been noticing the new additions and have been enjoying the fresh, healthier options. Some have been hesitant about new vegetables they've never seen or heard of before, but they've been willing to give things a try!" says Nelson.

"IN 2018, G.I.V.E RAISED MORE THAN \$75,000 IN DONATIONS TO VARIOUS NON-PROFIT ENTITIES DOING IMPORTANT WORK IN OUR COMMUNITY."



Ecolibrium3, a non-profit working toward greater sustainability and resilience in Duluth neighborhoods, also put the funds from their campaign to good use. Shannon Liang, Ecolibrium3's Director of Partnership Development, says the Co-op's G.I.V.E. program made it possible for them to double the number of Stone Soup Portable Gardens they distributed this year. "We were also able to buy supplies that allowed us to start a good many of our plants for the gardens on site. Thank you to the customers and staff of Whole Foods Co-op for making it possible for Ecolibrium3 to help more folks grow their own food just about anywhere!" said Liang.

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Photos of some of your G.I.V.E. dollars at work from Ecolibrium3

We've recently completed the selection process for the G.I.V.E recipients for 2019. We received applications from dozens of worthy organizations doing great work and selecting this year's recipients was not an easy task, but we think the chosen organizations represent some of the most vitally important efforts going on in our community, and we are excited to be able to offer a way for our shoppers to support the valuable work they do.

We start out in January of 2019 with a G.I.V.E campaign to raise funds to support the educational gardening programs at the Lincoln Park Families and Children's Collaborative. Funds will provide tools, repairs to fixtures, staff, and raw material for their container gardens, community garden plots, and the pollinator and medicine gardens at Harrison Park, which provides a place for Lincoln Park families to learn about gardening.

The Duluth Chapter of the NAACP will be the G.I.V.E recipient for February, coinciding with Black History Month. The funds raised will help provide activities, food and

programming for the 2019 Juneteenth celebration, which commemorates the 1863 Emancipation Proclamation ending slavery in the United States. The annual event in the Hillside neighborhood each June also serves as an opportunity to bring the community together and teach about African American history and heritage.

In March shoppers will be able to support the Minnesota Food Share Campaign, which locally benefits the CHUM food shelf, Duluth's largest provider of emergency food and shelter for homeless individuals and families. At CHUM's Drop-In center, people can have a hot meal, do their laundry, access support services and perhaps most importantly, find a warm and welcoming community where they can be safe, heard, and respected. WFC is one of many food co-ops in Minnesota supporting the annual Food Share campaign.

G.I.V.E. is just one of the ways WFC is making a big impact on our community. Thanks to all of the shoppers who round-up, you have made a difference! **WFC**

WHOLE FOODS CO-OP

Help us  **GIVE!**



UPCOMING G.I.V.E. RECIPIENTS

January:
Lincoln Park Families and Children's Collaborative

February:
NAACP

March:
CHUM Foodshare



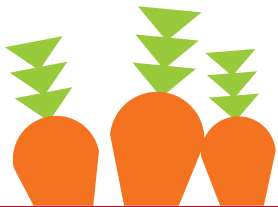
KEEP ON GIVING...

WFC donates \$0.10 every time a shopper brings their own re-usable bag(s)!

Whole Foods Co-op has been on the forefront of the battle against plastic bags for decades. We've never offered single use plastic grocery bags, and our **Reduce, Reuse Recycle** program raises money for an area non-profit every time co-op shoppers bring their own bag(s)! Each year our shoppers vote on a non-profit to donate the proceeds to, and the recipient for 2019 is Youth Outdoors-Duluth!

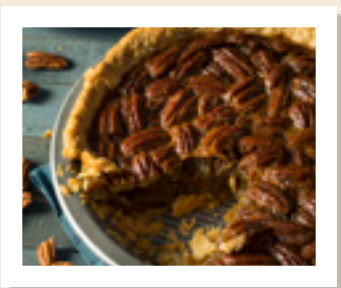
Youth Outdoors-Duluth is a community collaborative formed to address the disparities in outdoor adventure programming in Duluth. Research shows that a connection to nature lowers stress levels, increases attention in schools, and improves physical and mental health outcomes. Youth Outdoors-Duluth opens access to several nature-based resources to ensure that youth-serving and outdoor agencies can provide outdoor education to youth of many backgrounds without barriers such as lack of gear, proper clothing, money or training.



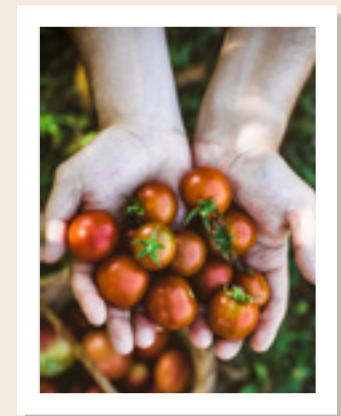


LOCAL Matters

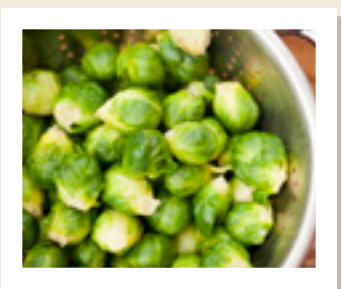
Check out these organizations working to make our LOCAL community food system better!



- ▶ **Growing Farms**
growingfarms.org
- ▶ **Duluth Community Garden Program**
duluthcommunitygarden.org
- ▶ **Lake Superior Sustainable Farming Association**
sfa-mn.org/lake-superior



- ▶ **Minnesota Food Charter**
mnfoodcharter.com
- ▶ **Land Stewardship Project**
landstewardshipproject.org



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



LOCAL Grower Profile

by Jen Gilbertson, *Brand Education & Outreach Coordinator*

Simple Gifts Syrup and Salmon
Dave Rogotzke & Family

We've all heard the old saying, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." In the case of Dave Rogotzke, Owner/Producer of Simple Gifts Syrup and Salmon, teaching a man to fish turned not only into feeding himself, but providing enough fish for entire communities!

Dave, along with his brother, began fishing for salmon in Alaska while still in college. They spent two summers learning the trade and, after obtaining a loan from their dad, who mortgaged the family farm after assurances that his sons could indeed make a go of this, bought their first fishing permit and boat. Thirty-six years later, there are now four Rogotzke family boats fishing annually for Sockeye, King (aka Chinook) and Chum Salmon in the Bristol Bay area of Alaska. It is very much a family affair, with each of Dave's three kids participating, particularly his oldest daughter Katie, who still goes out for two weeks each summer despite having moved from Minnesota to Montana.

In order to ensure sustainability, fishing of wild salmon is heavily regulated and vigorously monitored. The fishing season in Bristol Bay is from mid-June to mid-July. Before fishing is allowed, state biologists make sure that enough fish have traveled upstream to spawn. When they ascertain the quota has been met, fishing is open for a certain period of time. The biologists will also determine which rivers the salmon are heading to, which helps the fisherman know how long they can fish for – in the beginning of the season it might only be for a few hours, but at its height fishing is twenty four hours a day.

Another method to protect the sustainability of the salmon is limiting the number of boats allowed. Annually only fourteen hundred fishing permits are available for boats in Bristol Bay. This also helps to ensure Alaska salmon stocks remain unthreatened or endangered and everything is strictly enforced. In fact, 2018 was the biggest year on record (since 1884) for salmon with over thirty three million salmon recorded in the Nushagak Bay alone!

Wild Alaska salmon are quite different from farm-raised salmon. Consider the many miles wild salmon swim throughout their lifetime – after hatching the fry (baby salmon) can be in the river for up to two years, then go out to sea to mature for up to another two years, and then back to the river where they hatched. This can add up to thousands of miles swum in their lifetime. When compared to farm-raised salmon, unable to leave their (sometimes) densely populated aquaculture net pen, this difference is very noticeable. Wild salmon are lower in calories, lower in overall saturated fat, higher in iron and other essential minerals and the taste is incomparable! Not

to mention, wild Alaska salmon are delicious to eat because they come from the cleanest waters on the earth!

But one cannot fish all year long. Not wanting to rest on his laurels in the off-season, Dave started making maple syrup from sap produced by the roughly five thousand mature maple trees located on his property just outside of Duluth. Dave began making this precious commodity eighteen years ago, learning from his mentor Don Mount (who, prior to retirement, provided LOCAL maple syrup to WFC for years!). Starting with four hundred bags, Dave quickly realized he needed to find a better method. Cue the Canadian Minister of Maple Syrup (yes that is a real thing in Canada). Dave reached out to the Department of the Minister of Maple Syrup and was invited to come visit a number of their farms and production facilities. It was during this tour when he met Vernon Wheeler who taught Dave his method of running tubing from tree to tree to collect the sap and funnel it to the maple house where it is evaporated using reverse osmosis (drastically lessening the amount of time it takes to reduce the sap into syrup). Vernon's son Mark then came from Canada to help Dave set up his tubing, along with a few well-placed pumps, and get everything up and running.

With an eye toward sustainability and keeping up to date on the newest methods, Dave returns to Quebec every few years to continue his education. One of the new methods he recently learned is using a smaller tap hole in the tree for the sap to run from – while that means a smaller yield from each tree, it is ultimately healthier for the tree because the hole will heal much faster, ensuring the tree's viability for years to come.

Dave and his family's commitment to protecting and nurturing both aspects of Simple Gifts Syrup and Salmon is obvious and infectious and they continue to provide sustainably sourced products of the highest quality. What began with the black dirt of his family's farm in southwestern Minnesota, continues in the waters of Alaska and the maples of northern Minnesota. Simple Gifts indeed! **WFC**





Grocery Delivery in 2019

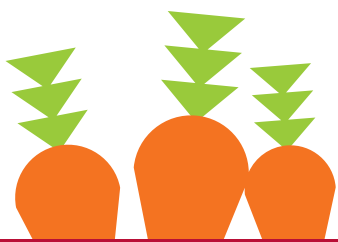
Get your fresh, LOCAL and organic groceries from the Co-op delivered to your door!

Whole Foods Co-op is excited to announce grocery delivery services will be available to our shoppers starting in January of 2019.

Soon you will be able to shop on-line, choosing from 1000's of your favorite co-op items. Personal shoppers will get everything on your list and deliver it to your door in under two hours (within delivery area.)

For updates about the launch date and for information about our special introductory offer, go to:

wholefoods.coop/delivery or follow us on Facebook



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\$1.00 Off/lb. Deli Hot Bar and Salad Bar Purchases!!

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



ACCESS DISCOUNT

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



FRAN SKINNER MATCHING FUND

Those who qualify for the ACCESS DISCOUNT can also receive help paying for up to \$80 of their initial Owner equity investment through the Fran Skinner Memorial Matching Fund. For details, see the MEMORIAL MATCHING FUND brochure available at the Customer Service Counter.

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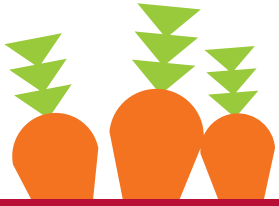
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Interested in Teaching?

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

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.

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.

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.

Beth Wiemken

Beth is a University of Minnesota Master Gardener and many-time Minnesota State Fair winner from 2009-2018 (19 ribbons). She has also been featured in Dixondale Farms onion catalog 2017 & 2018 for award winning Cipollini onions. Beth was a vermicomposting speaker at St. Louis County Spring Gardening extravaganza and Orr Expo and has been vermicomposting for more than 8 years.

Missy Polster

Missy Polster has baked bread at home for about 30 years. Last year, she started to sell bread at Farmer's Markets and now bakes and sells from a commercial bakery in Sandstone. She makes sourdough and has found that one of her FAVORITE things is to work through the process of baking sourdough with others in a relaxed, fun information sharing environment. There is a ton of information about this art and, she hopes to de-mystify it a bit for others and plant more seeds for people to do this themselves.

Lanae Rhoads

Lanae Rhoads is the owner of Laveé Lanae. She is a maker of all things - soap, skincare, lotions, makeup, anything to do with caring for your skin naturally. She started making skincare products (soaps and lotions) in 2005. Most of her products contain organic, raw, local, edible ingredients.

Chef 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

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!

JANUARY

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

This class is full!

Taught by Jen Gilbertson

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

DENFELD Classroom

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

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:

Carb-free Feast!

Taught by Jen Gilbertson

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

Co+op Basics offer everyday low prices on popular grocery and household items to help you fill your pantry affordably without skimping on quality.

pH and Inflammation

Taught by Stacey Quade

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

HILLSIDE Classroom

\$15 for WFC Owners, \$20 for 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.

Co-op Yoga

Taught by Joella Erin

Fridays, January 18, February 15, March 15, April 19 and May 17 | 5:30 – 6:30 PM

DENFELD Classroom

Free, no registration required: Limit 10

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

Cryotherapy: Why the Cold Is Good For You and How It Can Help Me?

Taught by Dr. Olaf Kuhlke

Saturday, January 19 | 11:00AM – 1:00PM

DENFELD Classroom

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

In this class, you are going to learn about an emerging new health trend: Cryotherapy. It comprises all the different modalities of healing that utilize the cold (air, water, ice) to promote overall health and treatment of specific medical conditions. This workshop provides a brief overview of what happens to your body and brain when exposed to the cold, and how this can benefit you. The second part of the class focuses on a variety of inexpensive methods to train yourself in cold exposure...Ice baths, cold showers, cryosaunas etc.

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

Taught by Stacey Quade

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

HILLSIDE Classroom

\$15 for WFC Owners, \$20 for 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 gluten-free and dairy-free can be!



Curiouser & Curiouser Scoops
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Vermicomposting: Home Composting with Earthworms

Taught by **Beth Wiemken**

Saturday, January 26 | 11:00 AM – 12:00 PM

 **DENFELD Classroom**

\$10 for WFC Owners, \$15 for non-Owners

(All proceeds to be donated to the Lake Superior Sustainable Farming Association and the Duluth Community Garden Program)

Registration required. Limit 12

Grow your own blue ribbon produce with "Black Gold"! A fun and educational indoor winter project that produces a pH neutral fertilizer rich in micronutrients for stimulating plant growth. These topics will be covered: vermicomposting vs. composting, selecting the proper composting worm, bin construction and set up, appropriate/inappropriate vermicomposting food. Learn the five "Pearls of Wisdom" for success! The instructor will provide a comprehensive educational resources handout with book recommendations, recommended online videos, worm vendors and university research based links.

Bring along your own plastic tote with the following parameters:

- clean with no prior chemicals stored within
- lid snaps securely (some lids do not snap shut)
- most sizes are fine, but a 10-12 gallon similar to the Rubbermaid Roughneck is ideal...
- holes will be drilled in the bottom and a collection container is needed...an old cookie sheet works or another plastic bin.

FEBRUARY

Kids in the Kitchen: Chinese New Year!

Taught by **Jen Gilbertson**

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

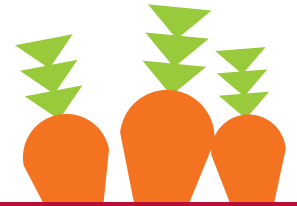
 **DENFELD Classroom**

\$10 for WFC Owners, \$15 for non-Owners

Registration required. Limit 12.

Recommended age: 5 years and older


Help us ring in Chinese New Year and the Year of the Pig! Students will learn how to prepare traditional Chinese New Year delicacies like BBQ Char Sui, Mu Shu Vegetables and Scallion Pancakes!



What's Happenin'??

Co-op Infusion Night

Friday, January 11 | 6:00 – 8:00 PM

 Bent Paddle Taproom

Food For Thought Tasting Event

Thursday, January 17 | 4:30 – 7:00 PM

 Fond Du Lac Community College

FREE Co-op Yoga

Fridays: January 18, February 15,

March 15 and April 19 | 5:30 – 6:30 PM

Drop-in, no registration required, limit 10


 WFC DENFELD Classroom

FREE City of Duluth

Skate for Your Heart

Open Family Skating Event

Wednesday, February 13 | 6:00 – 8:00 PM

 Essentia Duluth Heritage Center

FREE Family Day

Saturday, February 16 | 12:00 – 2:00 PM

 Duluth Art Institute Lincoln Center

ARC Northland

Chocolate After Dark Tasting Event

Thursday, February 28 | 4:30 – 7:00 PM

 Holiday Inn Hotel & Suites Downtown

Taste @ Fitger's


Friday, March 29 | 6:00 – 9:00 PM

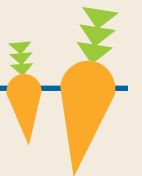
 Fitger's

Northland Community

Wellness Day

Saturday, March 30 | 10:00 AM – 2:00 PM

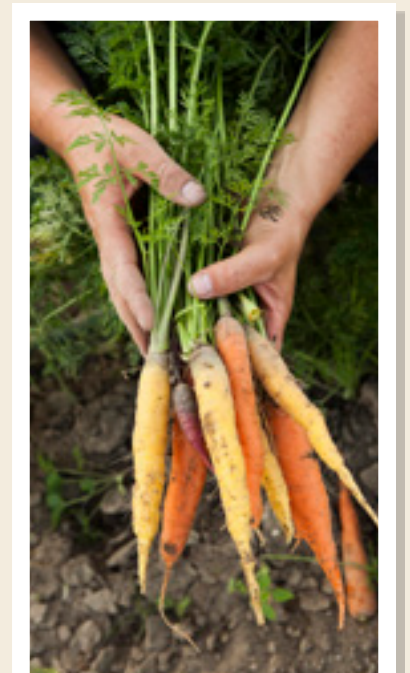
 Essentia Duluth Heritage Center




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Co-op Community Education

INSTRUCTORS:

Dr. Olaf Kuhlke

Dr. Olaf Kuhlke is a geography and cultural entrepreneurship professor at UMD, and is currently involved in research in the Canadian and US Arctic. He's been trained in the Wim Hof Method (one form of cryotherapy) and also completed the Harvard Medical School's Benson-Henry Institute Course on Mind-Body Medicine. He's an avid proponent of cryotherapy, uses it to prepare for fieldwork in the Arctic, and experienced significant improvement of his PTSD after regular cold exposure training.

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.

Debbly Ortman

Debbly Ortman has been an organic gardener and community activist for over 35 years. She has been the National Field Director for Organic Consumers Association and a member of the Minnesota Department of Agriculture's Organic Advisory Task Force. She is a retired consultant and freelance writer and was the coordinator of WLSSD's Food Composting Program for 12 years.

Co-op basics:

Delicious (and Healthy) Desserts!

Taught by Jen Gilbertson

Thursday, February 7 | 6:00 PM – 7:30 PM

HILLSIDE Classroom

Free, registration required. Limit 20

Just in time for St. Valentine's Day, Jen will prepare several healthy and delicious desserts using the Co-op Basics line of products to prove you can have your cake and eat it too!

Co+op Basics offer everyday low prices on popular grocery and household items to help you fill your pantry affordably without skimping on quality.

Old Fashioned Sourdough with Heritage Flour

Taught by Missy Polster

Saturday, February 9 and Sunday, February 10
11:00 AM – 2:00 PM (please commit to both days)

HILLSIDE Classroom

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

Students will learn the feeding of sourdough, preparing of dough, stretching process, fermentation and then baking and storing your bread. We will make a basic dough with "sifted" wheat bread. Bake a loaf to bring home with you!

Handmade Lip Balm

Taught by Lanae Rhoads

Tuesday, February 12 | 6:00 – 8:00 PM

DENFELD Classroom

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

Learn how to make a handmade lip balm (which can also double as a lotion bar or body butter) using natural, food grade ingredients! Each participant will go home with 3 lip balms, and a tin of body butter. Come see how easy it is to make your own at home! Learn about the process, the properties different oils bring to the party, and how to formulate your own recipes.

Mardi Gras Cooking Class Laissez Les Bons temps Rouler!

Taught by

Chef Arlene Coco Buscombe

Tuesday, February 19 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

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

Let the good times roll as they say in New Orleans! Back from a recent culinary tour of South Louisiana, Chef Arlene Coco will share some of the recipes and stories of her travels. The class is hands-on, featuring authentic recipes to include a Fig and Blue Cheese Salad with Maple Creole Mustard Dressing, Creole Red Beans and Rice, Andouille Sausage and

Kale Jambalaya, and top it off, Bananas Foster Bread a la mode to finish the evening.

MARCH

Kids in the Kitchen: St. Patrick's Day!

Taught by Jen Gilbertson

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

DENFELD Classroom

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

St. Patrick's Day is the 17th of March so we thought it appropriate to teach our students some classic Irish dishes to celebrate! We will make a traditional Dublin Coddle, Irish Scones and finish with Irish Apple Cake!

Co-op basics:

Supreme Seafood!

Taught by Jen Gilbertson

Tuesday, March 12 | 11:30 AM – 1:00 PM

HILLSIDE Classroom

Free, registration required. Limit 20

Jen will demonstrate several simple and savory seafood dishes using the Co-op Basics line of products for the class!

Co+op Basics offer everyday low prices to help fill your pantry with affordable quality items.



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Sugar and Carbohydrate Addiction – Yes It's Real!!

Taught by Michelle Russell
Thursday, March 28 | 5:30 PM – 7:00 PM

HILLSIDE Classroom

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

Participants will have the opportunity to:

- Understand the biological and psychological connection
- Identify the negative impact sugar and refined carbs have on our health
- Learn how to create healthy habits to curb the cravings
- Learn how to boost your metabolism, stabilize your blood sugar, improve your energy, and restore mental clarity through proper nutrition and glycemic impact eating.

APRIL

Kids in the Kitchen: Spanish Tapas!

Taught by Jen Gilbertson
Saturday, April 6 | 11:00 AM – 1:00 PM

DENFELD Classroom

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

Spanish Tapas are small plates of food meant to be shared. In this class the students will help prepare several authentic tapas recipes like Tortilla Espanola, Albondigas (Spanish meatballs), and grilled apples with Serrano ham and maple syrup!

Cold Process Soap Making!

Taught by Lanae Rhoads
Tuesday, April 16 | 6:00 – 8:00 PM

HILLSIDE Classroom

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

Back by popular demand!! Want to learn to make cold-process soap from scratch using natural ingredients? Then this is the perfect class for you! The class will cover the following as we make a 2-pound batch of soap (about 8-10 bars) using the cold process method: coloring soap naturally with herbs, spices and clays, using pure essential oils to scent your soap naturally, preparing your molds and molding options Insulating, cutting, curing and storing your finished soap. You will learn how to make all-natural cold process soap through watching the instructor and taking part in the process yourself. You will go home with one 5 oz. bar of soap that you will choose the scent and color for from a natural selection of essential oils, spices, clays and herbs.

coop basics:

Some Like It Hot!

Taught by Jen Gilbertson
Tuesday, April 23 | 6:00 PM – 7:30 PM

HILLSIDE Classroom

Free, registration required: Limit 20

Spicy is the name of the game with this class! Jen will make a handful of recipes from throughout the world with varying kinds of spice and heat using the Co-op Basics line of products!

Co-op Basics offer everyday low prices to help fill your pantry with affordable quality items.

Basics of Organic Gardening

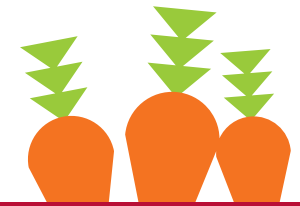
Taught by Debby Ortman

Saturday, April 27 | 11:00 AM – 1:00 PM

DENFELD Classroom

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

Learn about the basics of organic gardening with a focus on vegetables and herbs. This class will include: soil types, soil testing, when to plant, watering, sunlight, mulch, organic fertilizers, compost/soil amendments, weeding, favorite tools, organic pest control, raised bed gardening and container gardening. We will also discuss the challenges of gardening in Northern Minnesota. Please plan for the weather as half of this class will be held at Debby's home garden. Transportation/ carpooling can be arranged.



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 are 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 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 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 classes or are interested in teaching a class at the Co-op, please contact us!

Brand Education & Outreach Coordinator

P 218.728.0884 | ext. 202

brand@wholefoods.coop

Follow us!

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



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