

WE  OUR OWNERS!



# Fall Owner Deals

**Exclusive savings each month for Co-op Owners!**

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

**OWNERS SAVED OVER \$20,000 USING SUMMER DEALS!**

## Owner Deal!

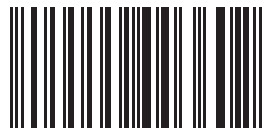
Valid for the week of **Oct 22-24, 2019**

**15% OFF**   
**Cheese** (and non-dairy  
Cheese)

Owners enjoy 15% off all cheese and non-dairy cheese.

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of Oct 22-24, 2019.

**WHOLE FOODS  
CO-OP**



499999003602

## Owner Deal!

Valid for the week of **Nov 5-7, 2019**

**15% OFF**   
**Produce**

Owners enjoy 15% off all produce.

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of Nov 5-7, 2019.

**WHOLE FOODS  
CO-OP**



499999003299

## Owner Deal!

Valid for the week of **Dec 10-12, 2019**

**15% OFF**   
**Bulk**

Owners enjoy 15% off all bulk items.

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of Dec 10-12, 2019.

**WHOLE FOODS  
CO-OP**



499999003060

### 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?**  
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)





**HILLSIDE**

610 East 4th Street  
Duluth, MN 55805

**DENFELD**

4426 Grand Avenue  
Duluth, MN 55807

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

218.728.0884

**OPEN DAILY • 7 AM – 9 PM**

**HOLIDAY HOURS:**

**THANKSGIVING**

Thursday, November 28, 2019  
OPEN 7 AM – 2 PM

**CHRISTMAS EVE**

Tuesday, December 24, 2019  
OPEN 7 AM – 5 PM

**CHRISTMAS DAY**

Wednesday, December 25, 2019  
CLOSED

**NEW YEAR'S EVE**

Tuesday, December 31, 2019  
OPEN 7 AM – 7 PM

**NEW YEAR'S DAY**

Wednesday, January 1, 2019  
OPEN 9 AM – 9 PM

**IN THIS ISSUE:**

Owners Meeting & Board Candidate Guide

Thoughts on vegan diet, health, the environment, and other good things

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

**How to Log-in:**

Elector ID =  
Owner Number  
Password =  
Your Last Name  
(Primary owner)



**SEE YOUR LOG-IN INFORMATION BELOW!**



PRSR STD  
U.S. POSTAGE  
PAID  
DULUTH, MN  
PERMIT NO. 492

WHOLE FOODS CO-OP

# GARBANZO GAZETTE



DULUTH, MN

**“It’s nice to see familiar faces of people who genuinely care about their job and customers.”**

*– Highly Satisfied Co-op Customer  
2019 Co-op Shopper Survey*



**FALL  
2019**

**HILLSIDE + DENFELD**

610 East 4th Street  
Duluth, MN 55805

4426 Grand Avenue  
Duluth, MN 55807

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

WHOLE FOODS  
**CO-OP**



### HILLSIDE

610 East 4th Street  
Duluth, MN 55805

### DENFELD

4426 Grand Avenue  
Duluth, MN 55807

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

218.728.0884

OPEN DAILY • 7 AM – 9 PM

### 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.

**Editor:** Hillary Heinz  
**Contributions:** Owners & Staff  
**Design:** Stacie Renné  
**Printer:** Pro Print  
**Mailing:** Pro Print

Reprints by prior permission.

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

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

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

### SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:  
**December 1, 2019**

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

### We're Social!

@WholeFoodsCoop

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



## General Manager Update

by Sarah Hannigan, General Manager & WFC Owner

### More than Groceries Community is Everything at your Local Co-op

In August, we launched our first \$5 Community Dinner — and we were floored by your turnout! Our Denfeld store absolutely buzzed as our hardworking staff served 427 sloppy joes in just over three hours...wow!

Diners spilled into the co-op classroom and outside eating area. The rooms radiated with local music like Four Mile Portage and Kyle Ollah, support from local vendors like Red Hoof Farm and Lake Superior Brewing, and people enjoying a low-priced, ethically-sourced meal with an emphasis on community-building. It was quite the sight.

Looking out at this beautiful, energetic and sometimes silly (like some of our team in vegetable costumes!!) one can literally see that our co-op offers so much more than good groceries. Right now is the season to be part of all of it.

Now is your chance to...

- Shape the co-op's future and vote for 3 new board member leaders
- Explore our Annual Report where you'll see, and feel proud of, our collective accomplishments including continued growth in co-op Owners and sales, tremendous expansion of our GIVE program (nearly \$100k rounded up by shoppers in FY19!) and our annual fiscal year-end financial statement showing positive net income for the first time since investing in expanding our community to the Denfeld neighborhood!
- Attend the Annual Owner Meeting to meet fellow owners, learn more about the cooperative economy, and celebrate the co-op's success!

This positive growth and community investment wouldn't exist without you. Thank you for making the choice to support your community by shopping at your co-op. And speaking of good news, Whole Foods Co-op recently received the "Best Grocery Store" award in the Duluth News Tribune's annual Best of the Best readers poll! We're grateful for this recognition as our community's favorite local grocery store and we know our co-op goes way beyond groceries. Above everything else, the co-op values community cooperation and relationship building and this is shining true today. Thank you.



*"This positive growth and community investment wouldn't exist without you. Thank you for making the choice to support your community by shopping at your co-op."*



### Join Us For The Annual Owners Meeting and Dinner Tuesday, October 29, 2019

This annual co-op meeting will be held at the Harbor Side Room in the Duluth Entertainment & Convention Center (DECC) from 5pm to 7:45pm. Dinner will be served at 5:30pm. Any Whole Foods Co-op Owner may attend the meeting including their guests. Advanced registration required.



### ANNUAL DINNER REGISTRATION

Register by **October 17, 2019. \$20 per adult; \$5 per child (12 and under).** Owners will receive their ticket cost back as \$20 co-op gift card upon arrival to the meeting. If you plan to attend the meeting portion only, there is no pre-payment required.

#### Registration and payment accepted:

**online:** [www.wholefoods.coop/annualmeeting](http://www.wholefoods.coop/annualmeeting)

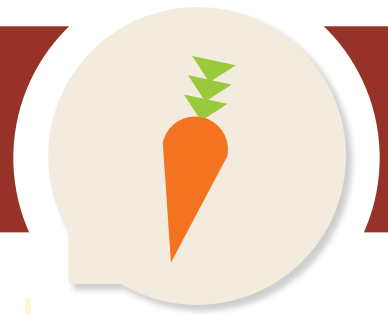
**in person:** Hillside or Denfeld Customer Service Counter

**or by calling:** 218.728.0884, press 1, have meal selection — see next page for options — and credit or debit card ready.

Confirmation of pre-payment includes a DECC parking pass for free parking at this event.



# 2019 Annual Owners Meeting



## Annual Owners Meeting and Dinner featuring a keynote from

**Me'Lea Connelly**

Tuesday, October 29, 2019

DECC Harbor Side Ballroom | Duluth, MN

by Jamie Harvie, Vice President, Board of Directors

### • AGENDA •

**SOCIAL TIME**  
5:00–5:30 PM

**DINNER & BUSINESS MEETING 5:30 PM**

- Welcome & Introduction
- Proof of notice of meeting
- Report on number of Owners present
- Reading or waiver of reading of Minutes of 2018 meeting/approval of 2018 Minutes
- State of the Co-op Reports from Management and Board
- Remarks for the good and welfare of the Co-op
- Announcements
- Adjourn

**GUEST SPEAKER**  
6:15 PM

**Me'Lea Connelly**

*How Cooperatives can spark change and foster community health*

**ANNOUNCEMENTS**  
6:45 PM

- Board of Directors Election Results
- 2020 GIVE Community Recipients
- Prizes (*must be present to win*)

WFC's Board of Directors is excited to welcome Me'Lea Connelly back to Duluth to share her story of cooperation with our Owners at this year's Annual Meeting.

Me'Lea is the president and founder of Cooperative Paradigm a cooperative education, development and integration organization. She is the founder and former Executive Director of the Association for Black Economic Power, a community development financial services non-profit, and the former Lead Developer for Village Financial Cooperative Credit Union. Both organizations grew out of the economic resistance movement Blexit, which she founded in 2016.

Me'Lea was honored as a 2018 Bush Fellow, and currently serves on the board of Shared Capital Cooperative and Twin Cities Cooperative Partners. She is an MBA student studying Cooperative and Credit Union Management at Saint Mary's University.

In preparation for our event, we asked Me'Lea to reflect on her cooperative experience and how cooperatives can spark change and foster community health.

**Q: Tell us about your cooperative roots.**

A. My first cooperative membership was gifted to me. I couldn't afford it at the time and a close friend knew about my son's severe food intolerances and allergies so they bought a membership in my name. Before that, I drove all over town to different small natural food stores and out of town to different farms and farmers markets every other week to make sure he could eat well without getting sick. During that time I was on and off food stamps which was not only incredibly difficult and embarrassing but EBT wasn't accepted at most places I shopped. A Wedge coop membership was my introduction to the cooperative community. When I shopped there I depended on member sales, the bulk aisle and the wedge basics products. Cashiers were discreet in redeeming my WIC and food stamps. I never had to worry about what I placed in my basket, or pour over ingredient labels. I was never gawked at, like I didn't belong. I saw people who looked like me in the aisles and behind the counters. The coop became apart of our lives, over the years I began to gift memberships to others and introduced coop to people who often drove past it. Today, each time we walk in my kids see my picture on the wall along with my colleagues on the board. They're proud to know after all these years our family has the chance to serve a community that brought so much to our table and our lives.

**Q. What do you see as the power and potential of a cooperative over other business models?**

A. Cooperatives are not just business entities, I believe they define a personal economic identity, a much needed alternative to the identity of a capitalist. The cooperative principles and values were not designed in a boardroom, or ivy league school, they were defined by the personal economic values of cooperative practitioners who paved the way towards an international cooperative movement. The power of cooperatives are not found in the structure but in the shared principles and values of determined people. Cooperators are the power and potential of the cooperative community, they always have been and always will be. My hope is that soon we choose to see the full potential of our collective power, embody our economic identities outside of the coops we love and practice them in every area of our lives.

**Q. What might co-ops do, or do better, to foster healthy community?**

A. Most Cooperatives are born from the struggle of market failure. We have conditioned ourselves to come together in relation to economic trauma and our bonds often do not expand from that painful place. Because of these origins we often create environments that are perceived as exclusive. Cooperative must do more to establish themselves as cornerstones of community. We do that by exercising the cooperative principles in ways that can be felt and seen from diverse cultures and perspectives. We cannot do this without knowing our neighbors, their cultures, beliefs, values and traditions. Cooperatives should be the marrow of and the gateways to local community not on the fringes.

**Q. Do you see co-ops as a vehicle for citizens to improve their communities? If so, how?**

A. Being a cooperator is a lifestyle, coops can play a powerful role in guiding their members towards a more holistic cooperative practice. Cooperatives can and should be an intersection for members to learn and participate in community development efforts that improve conditions for those most in need. Cooperatives can do more to honor and reward their stakeholders: members, workers, farmers and community leaders for the contribution they make in community and in the coop. We shop alongside so many unsung heroes in our coops each day, how amazing would it be to lift and reward their efforts, encouraging others to rise to the occasion of cooperation?

## ANNUAL MEETING DINNER MENU

A plated dinner will be served highlighting locally sourced food and beverages with vegan, vegetarian and gluten-free options catered by the DECC.

• CHOOSE ONE ENTREE\*•

**BAKED ACORN SQUASH\***  
(VEGETARIAN & VEGAN)

**LEMON PEPPER CHICKEN\***

Both entrees will be served with Minnesota wild rice topped with spicy walnuts and pesto sauce, salad, with with homemade dressing, dinner roll\*\*, and roasted root vegetables

• DESSERT•

Death by Chocolate –  
(Vegetarian and Gluten Free)

• CHILDREN'S PLATE •

**PASTA WITH MEATLESS MARINARA SAUCE** served with roasted root vegetables. *Gluten free noodles available upon request.* (Ages 12 and under, please)

• BEVERAGES•

Coffee, Tea, Milk or Water. Two drink tickets come with the meal.

*\*Both meals are prepared gluten-free. \*\*Gluten-free roll also available upon request.*

*The DECC is not a certified gluten-free facility*





**HOW TO VOTE**

**Visit:**  
[Wholefoods.coop/vote](http://Wholefoods.coop/vote)  
 Vote by October 25th!

**How to log-in:**

**Elector ID:**  
 Owner Number

**Password:**  
 Your Last Name  
 (Primary owner)

You can also pick up a paper ballot at the customer service desk at either store; complete the ballot as directed, or drop it off or mail it back to WFC.

**Elections open**  
**October 4th at 7am to**  
**October 25th at 9pm**

**wholefoods.coop/vote**



**2019 Board Candidates**

Exercise your right to vote and help shape the future of the co-op! Three of the nine Whole Foods Co-op board member seats are up for election including two incumbents. Meet our candidates and vote for three new board members by October 25th at [wholefoods.com/vote](http://wholefoods.com/vote).

**MARIA ISLEY (incumbent)**

**WHY WOULD YOU LIKE TO SERVE ON THE BOARD OF DIRECTORS OF WHOLE FOODS CO-OP?**

I have had the opportunity to serve on the board for the Whole Foods Co-op (WFC) for one year now, gaining a greater insight into the inner workings and strengths of a policy board. Rich in history since 1970 of serving this community, I will continue to work towards ensuring a welcoming and healthy environment of the co-op. Being on the board is one way to be part of a community of people that share an understanding and love of co-op practices. As a board member, I will continue to serve the mission/vision and work to monitor the high-level policies as they guide the operations of the WFC.



**DESCRIBE ANY VOLUNTEER OR PAID EXPERIENCES RELEVANT TO YOUR SERVICE AS A CO-OP BOARD MEMBER. WHAT SKILLS OR EXPERIENCES WILL YOUR BRING TO THIS BOARD?**

I currently serve on the Finance Committee where I have gained knowledge to understand the fiduciary responsibility and what it takes to make smart decisions about the future investment, growth and stability of the two WFC locations. Another committee that I serve on is the Owner Engagement Committee, newly formed to focus on owner engagement opportunities to learn and guide Board discussions. I have attended the Cooperative Board Leadership training, learning about the cooperative business model and leadership. This past summer, I attended the Consumer Cooperative Management Association Conference where we had the opportunity to meet, engage, and learn with co-ops from around the country. I continue to be active in the community, both professionally and in a volunteer capacity. I have been fortunate to be involved with a variety of nonprofits gaining experiences where I have been able to strengthen and learn skills as a leader and as a community builder.

**WHAT OPPORTUNITIES AND CHALLENGES DO YOU SEE IN THE FUTURE FOR WHOLE FOODS CO-OP?**

WFC works to serve a diverse group by empowering people to engage with the Co-op at their comfort level. This could be shopping, becoming an owner, taking a class, supporting a nonprofit by rounding up and joining the board. This is a continuing opportunity for WFC in being a welcoming and inclusive environment and business. Food options continues to be both the opportunity and challenge for WFC. An ongoing challenge for WFC, and many other co-ops, is the balance between price equity and offering regional/organic foods. WFC works towards positive changes by offering consumers healthy options for both the body and environment. WFC has the opportunity to offer a greater understanding to the general public of where food comes from and the interconnectedness that food can bring to a community.

**OTHER COMMENTS**

It would be an honor to continue to serve Whole Foods Co-op as a board member. Working to ensure its healthy future as it continues to bring vitality to the community as a healthy and inclusive business, all while it grows in owner-

ship, employment, and community engagement in the two locations.

**MELI OSANYA**

**WHY WOULD YOU LIKE TO SERVE ON THE BOARD OF DIRECTORS OF WHOLE FOODS CO-OP?**

I would like to serve on the Board of Directors of Whole Foods Co-op because I shop at the co-op every week while rarely encountering other young and diverse individuals (Denfeld Location). As a newcomer to Duluth, I have spent the last year determining the places in this city that have potential and that entice me to set roots here. My long standing love of food and my continuous desire to make diverse and accessible communities around me have led me to the co-op board as an opportunity to create another place in Duluth for people who look like me and want good agriculture, produce, and products.



**DESCRIBE ANY VOLUNTEER OR PAID EXPERIENCES RELEVANT TO YOUR SERVICE AS A CO-OP BOARD MEMBER. WHAT SKILLS OR EXPERIENCES WILL YOUR BRING TO THIS BOARD?**

I have spent years in college (I am a recent grad), advocating for diversity policies, activities, and initiatives. My experience writing policies, leading brainstorming sessions, creating and leading workshops, and bringing members of the community, administration, and students together to discuss problems and solutions is something I see as easily translatable to the Board.

I was also President of our Community Council for over a year, serving as a member for an additional year and a half. During that time I created and lead several different committees, including the Budget Committee where I was chair for just under a year. I have a lot to offer by way of organizational structure and support and well as creating and enacting collaborative initiatives. I also have a lot of experience with discontentment and working on ways to restore trust between different bodies within an organization.

**WHAT OPPORTUNITIES AND CHALLENGES DO YOU SEE IN THE FUTURE FOR WHOLE FOODS CO-OP?**

From my experience as an owner, the challenges and opportunities facing the co-op are membership, participation, and diversity. I would be excited to see more ways of garnering interest and buy in from younger and more diverse consumers and how to get more of our current owners to participate in the co-op beyond grocery shopping.

**DERICK CICH**

**WHY WOULD YOU LIKE TO SERVE ON THE BOARD OF DIRECTORS OF WHOLE FOODS CO-OP?**

I would like to serve on the board of directors of the Whole Foods Co-op because as a local Duluthian and a small business owner I'm invested in this community and the positive effects our co-op has on it, as a shopper and owner I value the abundance available to us and want to continue





**CURRENT BOARD OF DIRECTORS**



**JAMIE HARVIE**  
Vice President  
Term expires 2020  
[jharvie@wholefoods.coop](mailto:jharvie@wholefoods.coop)



**MARIA ISLEY**  
Term expires 2019  
[misley@wholefoods.coop](mailto:misley@wholefoods.coop)



**RYAN JONES-CASEY**  
Treasurer  
Term expires 2020  
[rjonescasey@wholefoods.coop](mailto:rjonescasey@wholefoods.coop)



**KIM NORDIN**  
Secretary  
Term expires 2021  
[knordin@wholefoods.coop](mailto:knordin@wholefoods.coop)



**DALE PEACOCK**  
Term expires 2020  
[dpeacock@wholefoods.coop](mailto:dpeacock@wholefoods.coop)



**MICKEY PEARSON**  
President  
Term expires 2021  
[mpearson@wholefoods.coop](mailto:mpearson@wholefoods.coop)



**BRANDON SMITH**  
Term expires 2021  
[brandonsmith@wholefoods.coop](mailto:brandonsmith@wholefoods.coop)



**JEAN SRAMEK**  
Term expires 2019  
[jsramek@wholefoods.coop](mailto:jsramek@wholefoods.coop)



**HEATHER STRASSER**  
Term expires 2019  
[hstrasser@wholefoods.coop](mailto:hstrasser@wholefoods.coop)

To submit a comment or request a product, visit [wholefoods.coop/comment](http://wholefoods.coop/comment)

To contact the Board of Directors, email [wfcbod@wholefoods.coop](mailto: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.

seeing that grow, and as a former employee I feel an allegiance to the staff and their successes. I love our Co-op and playing a part in its well being would truly be an honor to me.

**DESCRIBE ANY VOLUNTEER OR PAID EXPERIENCES RELEVANT TO YOUR SERVICE AS A CO-OP BOARD MEMBER. WHAT SKILLS OR EXPERIENCES WILL YOU BRING TO THIS BOARD?**

As a former front end staff employee of almost five years I was able to have one on one interactions with literally almost everyone who came through these front doors. I heard their complaints, their praises, and saw firsthand how diverse both owners and non-owners of the co-op are. I experienced both ups and downs with management and operations. Having this connection I'm able to bring intimate knowledge and insight to the board that very few others can offer.

**WHAT OPPORTUNITIES AND CHALLENGES DO YOU SEE IN THE FUTURE FOR WHOLE FOODS CO-OP?**

Opportunities and challenges are inevitable for the Whole Foods Co-op. More and more competition comes with the awareness of a natural foods lifestyle growing but that also opens up a bigger and bigger demographic. The Denfeld location continues seeing growth but the Hillside store has reached physical capacity, not to mention the limited parking. All of these matters of business are navigable and I would help steer the ship alongside all the other board members.

**OTHER COMMENTS**

I have never sat on a board before but I have experience as a small business owner, I am on the leadership team of a local wedding vendor association, and have helped create and host events in the community. I grew up in Duluth and plan on remaining here for the foreseeable future, I want to continue seeing our Co-op thrive and would love to play a part in that.

**HEATHER STRASSER (incumbent)**

**WHY WOULD YOU LIKE TO SERVE ON THE BOARD OF DIRECTORS OF WHOLE FOODS CO-OP?**

I would like to serve on the board because I care greatly about Whole Foods Co-op as a quality, local grocer and for the value that the cooperative bring to our community. A year ago when I ran for the board, I was interested because of a strong belief in natural and humanely raised foods. While this is still of course of significance, I now also see what an important role the cooperative model plays in our community. My interest in the board is in seeing that the Co-op continues to evolve and lead our community as a progressive grocery and thriving cooperative.



**DESCRIBE ANY VOLUNTEER OR PAID EXPERIENCES RELEVANT TO YOUR SERVICE AS A CO-OP BOARD MEMBER. WHAT SKILLS OR EXPERIENCES WILL YOU BRING TO THIS BOARD?**

This past year was my first year on the Co-op board and I worked to get up to speed by attending Cooperative Board Leadership 101 in Minneapolis, and a three-day conference

held by the Consumer Cooperative Management Association in Durham, NC. These experiences really brought on a breadth of knowledge and introduced exciting ideas for moving our Co-op forward. Additionally this year as a part of the Board, I have been a part of the Ownership Engagement Committee. In this committee, we identified the need for board members to better tell the cooperative story and shift the mindset in our community about some common misnomers. Focusing on that, we have been writing board member training booklets comprised of talking points, active listening exercises, and myth busters. It has been gratifying to be a part of this newly formed committee and I see many more possibilities for further engaging our owners. Lastly, my current position as Sales Manager at Loll Designs, an outdoor furniture manufacturer in West Duluth, often involves working in small teams to think critically and creatively, similar to our roles on the Board.

**WHAT OPPORTUNITIES AND CHALLENGES DO YOU SEE IN THE FUTURE FOR WHOLE FOODS CO-OP?**

In a time of increasing competition, and with Whole Foods Co-op experiencing flattening sales, I see opportunities for the Co-op to differentiate itself by focusing on environmental stewardship and local foods. Offering local products that are not found at other grocers will give shoppers reason to patronize the Co-op. They can also set themselves apart from larger chain grocery stores by leading the community on sustainability and waste reduction. Feedback from members has indicated concern over plastics and there is great opportunity in demonstrating that single use plastics can be reduced. If the Co-op prioritizes these initiatives, it will allow them to outshine the competition by showing their commitment to a better planet and a strong local economy.

**THOMAS DORR**

**WHY WOULD YOU LIKE TO SERVE ON THE BOARD OF DIRECTORS OF WHOLE FOODS CO-OP?**

I would like to serve on the Board because I like helping the community and it benefits the community to have cooperatives in the market. I have appreciated the co-ops involvement in the community and want to ensure it continues.



**DESCRIBE ANY VOLUNTEER OR PAID EXPERIENCES RELEVANT TO YOUR SERVICE AS A CO-OP BOARD MEMBER. WHAT SKILLS OR EXPERIENCES WILL YOU BRING TO THIS BOARD?**

I served on the BOD for the Crosspoint Federal Credit Union in Hamden CT for eight years before I moved to Duluth.

**WHAT OPPORTUNITIES AND CHALLENGES DO YOU SEE IN THE FUTURE FOR WHOLE FOODS CO-OP?**

The coop needs to continue strengthening the community and serving the needs of its members. I think we need to strive to always keep prices as low as possible to serve folks with fixed incomes.







# YOU'RE INVITED!

TO THE WHOLE FOODS CO-OP  
**\$5 DINNER NIGHT**  
 — AT OUR DENFELD STORE —

**WEDNESDAY, OCTOBER 16 • 4-7 PM**

**\$5 Dinner Menu:**

- + Local Brats (Pork & Vegan) with Sauerkraut
- + Roasted Potatoes and Fresh Veggies - local & organic!
- Dine in or Take-out -

**FUN EXTRAS:**

- + Free Live Local Music!
- + \$1.00 16oz local taps like Lake Superior Brewing root beer, The Snooty Fox Tea Shop kombucha & Duluth Coffee Co. cold press!
- + Free custom greeting card making station sponsored by Hucklebeary gift shop!

\$5.00 plus tax • no substitutions • eat-in or take-out • menu subject to change • \$1 local taps for \$5 dinner customers only - limit 1



## 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/](http://www.wholefoods.coop/community/supporting-local-artists/)



## House Cleaning

- Eco-Friendly
- 15 Years Experience
- Residential Cleaning Services



**Carmen: (218) 591-6620**

FULLY INSURED • CALL FOR ESTIMATES

**UMD THEATRE**

*Tony Award-Winning Musical*  
**The 25<sup>th</sup> Annual Putnam County Spelling Bee**

October 3-12

a new adaptation

**AN ENEMY OF THE PEOPLE**

November 7-16

---

**DANCEWORKS 2019**

NEW ORIGINAL DANCES BY STUDENT AND FACULTY CHOREOGRAPHERS

December 5-8

218.726.8561 | [tickets.umn.edu](http://tickets.umn.edu)

Explore **HISTORIC BROWNSTONE FILLED WITH BOOKS** not easily found anywhere else!

- Excellent condition and prices
- Rare books for collectors
- Family-owned for over 40 years
- We buy & sell • *Feed your head!*

**Chequamegon Book Company**  
 2 E Bayfield St., Washburn, WI  
[chequamegonbooks.com](http://chequamegonbooks.com)  
[peruse@chequamegonbooks.com](mailto:peruse@chequamegonbooks.com)  
 Hours vary—please call

**715-373-2899**

**OVER 100,000 BOOKS!**

**EDMUNDS COMPANY**  
 REAL ESTATE LLP

**Rod Graf – Realtor®**  
 218.340.1366  
[rodgraf218@gmail.com](mailto:rodgraf218@gmail.com)

Responsive • Knowledgeable • Direct

**Green Home SOLUTIONS**  
 We Make Air Better!

**If Your House Smells Old... IT'S MOLD**

Has your home started to smell 'old'? Odor is a common sign that you may have a mold issue from water damage. We specialize in mold testing and remediation. Call Green Home Solutions today to get more information.

STEVE STERN & LAURA NESS / OWNERS & OPERATORS  
 Give us a call today! 218-576-5293





## Abandoned Equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgement that in Fiscal Year 2019 WFC achieved growth in new Owners, in new equity and in earnings, the Board unanimously approved returning approximately \$3,000, 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 15, 2019) 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 the Fran Skinner Matching Memorial Fund.

## Can you help us locate these folks?



CYNTHIA BAKKE  
ALEXANDER BAUER  
BETH BAYLEY  
SARA BAYLOR  
LOUISE BELANGER  
MARC BELLARIO  
SALLY BERNHARDT  
SHANE T. BUDREAU  
ANGELA BUFFALO  
MICHELLE R. CARLSON  
MEG CARPENTER  
CHELSEA ABINGDON  
CERVANTES WELCH  
SHANA J. CLAUSON  
JUDITH COHEN  
JEAN CONNER  
WILLIAM COOKE  
SAMUEL JOHN DENNIS  
KATHLEEN DOUGHERTY  
BENJAMIN ECKHOFF  
HARPER EICHTEN  
LINDA M. ERICKSON  
DAVID EVANS  
JONATHAN EWALT  
SAM FIROOZI  
MARISSA FISH KORPELA  
MARY KATHERINE GREENWALT  
JACK LEE GUNDERSON

NATALIE HANSEN  
JAN HARKINS  
RHONDA HAUGSTAD  
ANTHONY HERMES  
JENNIFER HERNANDEZ  
ALICIA HERNANDEZ-GILBERT  
KATHLEEN HILTUNEN  
GENELLE HOVIK  
SADIE HONDL  
WILLIAM HOWARD  
MATT P. JACKSON  
FELICIA ANNE JACOBSON  
ELIZABETH JAMES  
JERRY JAMISON  
JODI JOHNSON  
BETTY JUNO  
ANDY KADLEC  
JOHN KEENER  
AMY JO KIDROWSKI  
LINDA KILBANE  
WILLIAM KINSLEY  
JOAN KNUTTILA  
HEATHER KOSKI  
AMANDA KOZITZA  
MIKAL KVISTAD  
KARRI LA BARRE  
KIM M. LABARGE  
TANYA L. LAHTI  
JAMES LANGWORTHY

BRUCE LARSON  
KRISTEN LATSCHER  
ERICA LEMAY  
GWENDOLYN K. LINDAHL  
WILLIE LOVE  
AREK LUCICH  
BRANDY MAKI  
LEON MANTLE  
CHERYL MCNULTY  
BETSY MEYER  
EVE MILLER  
JENA MODIN  
KRISTINE MOOS  
STACEY NILSSON  
JACOB NUSTAD  
LEEVI OIKONEN  
KARL OLSON  
LISA OMAN  
SHEILA LEE OSHAUGHNESSY  
JESSICA PALMI  
NANCY PATRICK  
SUSAN PEAK  
AARON JOHN PETERSON  
KAREN PIONK  
PHOEBE PIZZALATO  
VIVIAN PLEUS  
TERRANCE PREMO  
MAUREEN QUINLAN  
CAMERON REIDER

DAVID REINKE  
LAVERNE I. RENGO  
ARDYS M. RICHARDS  
JASON RINDAHL  
MONIQUE ROGERS  
DAVID ROSC  
ARIANNA J. SATHER  
JOESAUVE  
CHRISTOPHER SAUVE  
CYNTHIA SEGUIN  
BRITTANY SHANOFF  
AMY SHARP  
KRISTLE SMITH  
LISA SNIDER  
JOHN STOESSEL  
KAYLINN STORMO  
JANET LOUISE STUMBO  
GENEVIEVE TENOSO  
BRIANNE TORRANCE  
ELIZABETH TRAVIS-BETTS  
SALLY TRNKA  
DYLAN TUSHER  
BARBARA VANDEVENTER  
RACHELLE WEST  
TOM WESTRUM  
MYAH WILTERMUTH  
RACHEL YRJANSON



## Ways to SAVE at the Co-op!

### coop basics

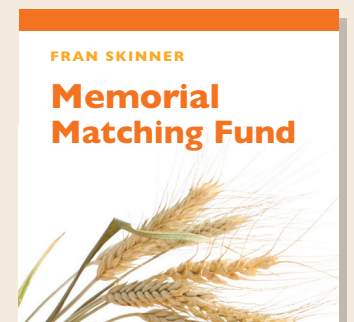


Co-op Basics program promotes items that are an everyday low price. These wholesome, affordable foods are pantry staples for every home.



### 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 MEMORIAL 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.

*Celebrating 120 Years*  
2019-20 SEASON SERIES

OCT 8 | 7:30PM | Mitchell Auditorium, CSS

**matinee musicale**

NOV 19 | 7:30PM | Mitchell Auditorium, CSS

10.8.19

FIRST CONCERT of the SEASON

**LYNN HARRELL**

CELLO

Joined by:  
VICTOR ASUNCION  
Piano

11.19.19

SECOND CONCERT of the SEASON

**DREW PETERSEN**

PIANO

**ORDER YOUR TICKETS TODAY!** [www.matineemusical.org](http://www.matineemusical.org) or sold at door





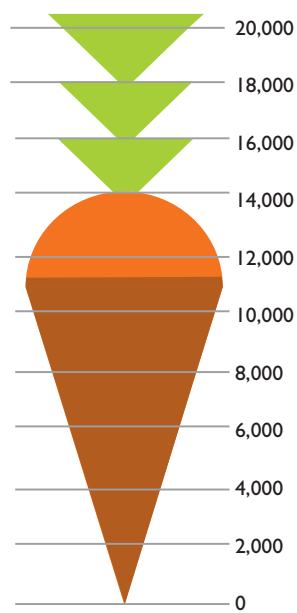
WHOLE FOODS CO-OP

## Own It!

\$100 one-time investment

Co-op Owners enjoy exclusive benefits!

11,319 OWNERS!



Congrats to new Co-op Owners Heather & Brecken - they own a grocery store with their friends!

### BECOME AN OWNER!

Our Co-op currently has 11,319 Owners and we are continually growing! Sign up today to become one of our new Owners!

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

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

### SIGN UP FOR OUR EMAIL LIST!

Be sure to receive Owner-exclusive deals and coupons...

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/)



## Community View

by Bonnie Ambrosi a.k.a. "Bee"

### Thoughts on vegan diet, health, the environment, and other good things

Bonnie Ambrosi is a long-time Whole Foods Co-op owner and Garbanzo Gazette contributor, a vegan recipe columnist, and a cook in the Denfeld WFC deli.

Here's news you can use: By making just one change in your lifestyle, you can improve your health (reduce risk of obesity, cancer, diabetes, and several other diseases), increase your prospects for longevity, protect the environment (reduce air, water and soil pollution and rainforest destruction), slow climate change (the UN has repeatedly called for a world-wide shift away from meat and animal products for this reason), and act for the welfare of billions of creatures.

The one change is this: eat plants, not animals.

Adopting a plant-based diet may be the single most powerful action for good that we as individuals can take at this time. If you don't feel you can't go 100% vegan, just follow writer Michael Pollan's advice: "Eat food. Not too much. Mostly plants."

Not only is this a powerful action – it is an accessible one. Anybody can do this! You may not be able to afford a Prius or solar panels for your home, but you can eat plants. You may be too busy working and taking care of family to be a climate advocate, but you can eat plants. You may not be fit enough to ride a bike instead of driving a car, but you can eat plants!

Climate, environment – and even our health – are big issues with many factors beyond our control. All the more important, then, to do the good that we can do. And the more of us who do it, the more powerful it becomes.

It's true that changing habits of eating can be a challenge. Habit has a sort of gravitational pull that can be hard to break free of. But the Co-op makes it easy by offering an amazing selection of plant foods of every variety, in every department.

If you're concerned that adopting a vegan diet will be expensive, don't worry. While some products, such as vegan cheeses and meats, can be pricey, those items are not essential. What could be more affordable than rice and beans or a peanut butter and jelly sandwich and an apple?

If going vegan is a bridge too far, you can still do good by avoiding factory-farmed animal products (factory farms are the huge industrial operations responsible for so much environmental degradation and animal suffering) and buying local, sustainable and organic meat and dairy instead – and there again, the Co-op has you covered.



Another local source of support is the Vegan Cookbook Club. This is a monthly meeting for people who are interested in plant-based diet. I started the group three years ago as a community resource and it has grown beyond my dreams! We meet on the first Thursday of every month, from 11:30-12:30, at Mount Royal Branch Library. Anyone with an interest in vegan diet is welcome, even if you've never cooked a plant-based meal before in your life!

The Vegan Cookbook Club has about 120 members so far – a warm and welcoming community. If you have a stereotype of vegans as affluent young hipsters or wild-eyed activists, you'd be surprised. This group runs the gamut from college age to retirees, with more older folk than young. We come from all walks of life and have many different perspectives, but each of us has experienced an aha! moment, realizing that eating plants is one of the best things we can do for ourselves, our loved ones, and the planet.

And you can too.

You can make tremendous positive change with this one step. With so much to gain, I can only ask, in the words of songwriter George Ezra, "What you waitin' for?"

## HEALING WAYS

wholistic arts since 1983

Carolyn D Sheets  
therapist . educator . owner

lifestyle  
massage therapy  
soulwork  
healthy eating

218.724.9737

1420 East First Street  
Duluth MN 55805

[www.healingways.org](http://www.healingways.org)  
[carolyn.sheets@gmail.com](mailto:carolyn.sheets@gmail.com)



Nov. 20-22

### SOMAYOGA CPR

CHRONIC PAIN  
RESOLUTION RETREAT

3-Day Immersion for those Suffering  
from Chronic or Consistent Pain

Learn simple tools & accessible practices  
to resolve your pain or discomfort.  
Enroll in this life-changing retreat today:

[YogaNorthDuluth.com](http://YogaNorthDuluth.com)

Curious about SomaYoga CPR?  
Stop by for a 1 hour class!  
Tuesdays: 11am & 5:30pm  
(no registration required)



Yoga North ISYI » Internationally Known, Locally Loved





**GIVE!**

# Give Generously



WHOLE FOODS CO-OP

Help us **GIVE!**



The GIVE 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.

In 2019, shoppers have donated over

**\$100,000**

in rounded-up change! Thank you!!

### UPCOMING GIVE RECIPIENTS

**October: Fran Skinner Memorial Co-op Ownership Matching Fund**

Co-op shoppers currently enrolled in Minnesota food assistance programs are eligible for a Fran Skinner Ownership subsidy helping to make co-op ownership just \$20 as well as a 10% discount on all purchases resulting in over \$50,000 in discounts to families on food assistance in fiscal year 2019!

**November: Lake Superior Health Center**

In collaboration with community partners, LSCHC is a leader in providing access to quality medical, dental and behavioral health care. As a community health center, they're dedicated to providing care to everyone in need, regardless of insurance or ability to pay, treating patients with private insurance, Medicaid, Medicare, or no insurance. Everyone is welcome.

**December: Human Development Center**

HDC's mission is to lead our communities by providing integrated, culturally respectful mental health and addiction services that foster hope, self-determination, and recovery. Our focus on serving those most in need improves the quality of life for all. Funds raised will go to support client needs in their community support program.



## BE A PART OF THE TEAM AT THE

# CO-OP

ACCEPTING APPLICATIONS FOR ALL DEPARTMENTS

**FRONT END • DELI  
GROCERY • PRODUCE**

### ENJOY MANY BENEFITS!

- ▶ 15% employee discount
- ▶ Paid time off
- ▶ Training & development opportunities
- ▶ Medical, dental & supplemental insurance options
- ▶ 401(k) match

LEARN MORE AND APPLY ONLINE AT [wholefoods.coop/jobs](http://wholefoods.coop/jobs)

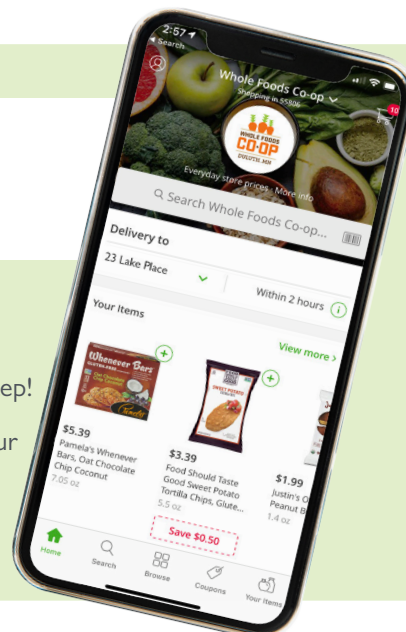
**TRY** 

**2-Hour Delivery only \$3.99!**

Get your fresh, local and organic groceries from the Co-op delivered to your doorstep!

Through our partnership with Instacart, personal shoppers will get everything on your list and deliver to your door.

Get Started: [www.wholefoods.coop/delivery](http://www.wholefoods.coop/delivery)







**LOCAL Matters**

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



- ▶ **Growing Farms**  
[growingfarms.org](http://growingfarms.org)
- ▶ **Duluth Community Garden Program**  
[duluthcommunitygarden.org](http://duluthcommunitygarden.org)
- ▶ **Lake Superior Sustainable Farming Association**  
[sfa-mn.org/lake-superior](http://sfa-mn.org/lake-superior)



- ▶ **Minnesota Food Charter**  
[mnfoodcharter.com](http://mnfoodcharter.com)
- ▶ **Land Stewardship Project**  
[landstewardshipproject.org](http://landstewardshipproject.org)



- ▶ **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 Producer Profile

by Jen Gilbertson, Education / Outreach Coordinator & WFC Owner

## Duluth Coffee Company leads industry with shift from Organic to Single Grower Sourcing

Coffee is a true passion for Duluth Coffee Company's Owner, Eric Faust. A barista, trainer, green bean buyer, consultant and United States Barista Championship Judge, Eric is also a published writer, having written for national coffee publications like Fresh Cup and Roast Magazine, as well as multiple local publications. His expertise and enjoyment of coffee is obvious and infectious, but one could argue the true driving force for his enthusiasm isn't the coffee itself, but the relationships Eric has formed because of coffee. While speaking with Eric the focus of our conversation was not so much about the coffee but almost solely about people; his coworkers at DCC and the farmers who grow the beans they roast. As he stated "Roasting is the easy part. All we have to do is not screw up the final 10 minutes of the coffee production. The real effort is done by the farmers, not the roaster".

Duluth Coffee Company began very modestly in 2011 with Eric working out of his garage with a 3 kilogram roaster. By 2012 Eric had opened the original storefront on Superior Street in the heart of downtown Duluth and had upgraded to a 12 kilo roaster. By 2017 demand for their coffee far surpassed their production capability, the Duluth Coffee Roasteria was added two doors down, providing room for a training lab, a beer and cocktail bar featuring Local brewery taps, and a custom-made 70 kilogram bean roaster. The addition of this behemoth has afforded the coffee roasters the ability to not only keep up with the demand, but also to have enough time to devote to their true calling - educating and connecting people through coffee. Construction on Superior Street gave Duluth Coffee Company reason to expand again, this time with a satellite cafe inside the Ripple Bar within Hoops Brewing Company in Canal Park. In addition to their storefronts, DCC also provides coffee to over 450 retailers. Whole Foods Co-op not only carries their beans at both locations, but our Denfeld store recently added the Duluth Coffee Company Cold Press to our bulk kegerator taps!



From its beginning Duluth Coffee Company has been certified Organic and until recently only purchased Organic coffee beans. However they've made the decision to discontinue only sourcing certified Organic beans. It's a calculated move which will allow their focus to switch from buying "single origin" beans to buying "single grower" beans. This change is due to the lower quality of single origin coffee compared to single grower coffee. For example the Duluth Coffee Company's Kenya Blend is designated single origin, meaning the beans were grown on many farms throughout the region (the Kenya Blend can have up to 600 different farms contributing to the growth and production of the coffee beans). All of these farms potentially have differences in elevation, rainfall, sun exposure, processing and drying, etc. (contributing factors in the final taste of the coffee).



Samuel Levar of Duluth Coffee Company "cups" various coffee beans for customers at the co-op to taste the unique flavor notes and quality difference in their single source beans

Combining coffee beans from many different farms creates a less pure product. "Single grower" coffee beans come from one farm, making quality much easier to control and consistently higher.

What does this have to do with certified organic coffee beans? Organic certification is expensive and can be difficult for individual farmers to obtain by themselves, meaning there are very few single growers who are certified organic. The lack of organic certification does not mean single grower coffee beans are grown without using sustainable practices. Juan Rafael Montero is one of the coffee farmers solely growing beans for Duluth Coffee Company, and despite not having organic certification, his farm and his use of unique sustainable farming practices are being studied by a college in San Jose.

Aside from higher quality beans, another positive outcome of working with individual farmers is the creation of true partnerships between the farmer and the DCC bean buyers, resulting in a relationship unlike other business partnerships; it's more akin to family. This relationship enables Eric to ask his farmer for specific varieties to be planted, or a new process adopted. In turn, the farmer knows if he produces 60,000 pounds of coffee beans their entire lot will be purchased by Duluth Coffee Company, resulting in far better pay and increased stability for the farmer and their family. The one downside to single grower sourcing; if the farmer has a bad year (drought being the biggest threat), or if DCC has requested something of the farmer that fails (such as a new processing technique), then Duluth Coffee Company stands to lose money. This level of commitment is a risk, but worth it for the sake of fostering their relationship with the farmer. Ultimately, DCC secures the highest quality coffee beans available and the single grower gets the highest level of security and respect in return.

As Duluth Coffee Company moves toward single grower sourcing customers will notice the old roast labels phased out and replaced by labels with specific farmer's names. This will help coffee lovers recognize the names of their favorite coffee farmers and highlights the level of work that has gone into the production of that specific coffee. As this change becomes more solidified customers will also see the farmer specific coffees being offered in relation to their seasonality, a far more sustainable option than trying to offer the same coffee beans year round.

The Duluth Coffee Company's mission is very straightforward: to source, roast and craft coffee with integrity and intentionality. In their words, "We strive to evolve the community of coffee through accessibility and education. Coffee is our vessel for improving the lives of everyone from origin to cup." Duluth Coffee Company's goal to create a coffee culture in Duluth unlike that of any other community is well on its way!





# Community Co-op Perks

## COMMUNITY CO-OP PERKS

The latest Co-op owner perks are online at [wholefoods.coop/communityperks](http://wholefoods.coop/communityperks)

To redeem, simply show your WFC Owner Card at time of transaction.

### Your Community Cooperators

As a Whole Foods Co-op Owner, you can receive discounts at local businesses. Simply present your Co-op swipe card at participating businesses and receive the benefit listed here. Please note that some of the participating businesses also request that you mention your WFC Ownership when making appointments, so read the offers carefully.

#### A Place for Fido

600 East Superior Street | Duluth, MN 55802  
218.464.4484 | [aplaceforfido.com](http://aplaceforfido.com)

▶ WFC Owner Benefit: 5% Off purchase. Excludes food, special orders and custom work. Must present WFC Owner card to receive discount. Cannot be combined with any other offers or discounts

#### Amazing Grace

394 South Lake Avenue | Duluth, MN 55802  
218.724.3431 | [amazinggraceduluth.com](http://amazinggraceduluth.com)

▶ WFC Owner Benefit: 10% off beverages. Excludes alcohol. Limit one per customer per day.

#### Amazing Alonzo Inc. (Paperback Exchange)

1831 East Superior Street | Duluth, MN 55812  
218.724.3431 | Open 10 AM – 5 PM Tuesday – Saturday

▶ WFC Owner Benefit: 10% off your book purchase price.

#### Art in the Alley

230 East Superior Street | Duluth, MN 55802  
218.464.4822 | [artinthealley.com](http://artinthealley.com)

▶ WFC Owner Benefit: Free earrings (\$12.95 value) with any \$25 purchase.



#### Bent Paddle Brewing Co.

1912 West Michigan Street | Duluth, MN 55803  
218.279.2722 | [bentpaddlebrewing.com](http://bentpaddlebrewing.com)

▶ WFC Owner Benefit: One taproom beer size upgrade per visit (during regular taproom hours).

#### The Bookstore at Fitger's

600 East Superior Street | Duluth, MN 55802  
218.727.9077 | [fitgersbookstore.com](http://fitgersbookstore.com)

▶ WFC Owner Benefit: 10% off regular-priced items. Excludes candy and magazines.

#### Continental Ski & Bike

1305 East 1st Street | Duluth, MN 55805  
218.728.4466 | [info@continentalski.com](mailto:info@continentalski.com)

▶ WFC Owner Benefit: 10% off regular-priced merchandise (excluding bicycles). Not valid with any other offer, coupon or promotion.

#### Destination Fitness

4966 Rice Lake Road | Duluth, MN 55803  
218.260.6562 | [destinationfitnessmn.com](http://destinationfitnessmn.com)

▶ WFC Owner Benefit: 50% Off your first month's membership or 10% Off your first personal training package purchase. Valid for new customers only.

#### Daugherty Appliance Sales & Service

3931 West 1st Street | Duluth, MN 55807  
218.722.3925 | [daughertyappliance.com](http://daughertyappliance.com)

▶ WFC Owner Benefit: Free local delivery and hook-up of non built-in appliances \$399 or more. \$5 off any appliance service call.

#### Duluth Children's Museum

115 South 29th Avenue West | Duluth, MN 55806  
218.733.7543 | [playduluth.org](http://playduluth.org)

▶ WFC Owner Benefit: \$2 off daily admission rate. Offer good for up to 5 persons.

#### Duluth Coffee Company

325 S Lake Avenue | Duluth MN 55802  
218.221.6643 | [duluthcoffee.com](http://duluthcoffee.com)

▶ WFC Owner Benefit: \$1 OFF any sized drink at Canal Park Cafe within The Ripple Bar inside Hoops Brewing Company. Limit one use a month.

#### Duluth Huskies

101 N 35th Ave W | Duluth, MN 55807  
[northwoodsleague.com/duluth-huskies/](http://northwoodsleague.com/duluth-huskies/)

▶ WFC Owner Benefit: ½ price full admission tickets to all Huskies games.

#### Duluth Area Family YMCA

302 West First Street | Duluth, MN 55802  
218.722.4745 | [duluthymca.org](http://duluthymca.org)

▶ WFC Owner Benefit: One free week (seven consecutive calendar days) non-transferrable, one use per year.

#### Electric Fetus

12 East Superior Street | Duluth, MN 55802  
218.722.9970 | [electricfetus.com](http://electricfetus.com)

▶ WFC Owner Benefit: 10% off regular-priced items store-wide. Some restrictions apply.

#### Energy Works Myofascial Release

732 East 4th St, Suite C | Duluth, MN 55805 218-464-2349 | [energyworksmyofascial.com](http://energyworksmyofascial.com)

▶ WFC Owner Benefit: \$25 off an Initial MFR Consultation. \$10 off a 30" Amethyst BioMat healing session.

#### Fitger's Wine Cellars

600 East Superior Street | Duluth, MN 55802  
218.733.0792 | [fitgerswinecellars.com](http://fitgerswinecellars.com)

▶ WFC Owner Benefit: 10% off organic wine.

#### Flora North

138 West 1st Street | Duluth, MN 55802  
218.279.3444 | [floranorthmn.com](http://floranorthmn.com)

▶ WFC Owner Benefit: \$5 off any purchase of \$25 or more. Not to be used with any other promotions, must present Owner card at time of purchase

#### Frost River Trading Co.

1910 West Superior Street | Duluth, MN 55806  
218.727.1472 | [frostriver.com](http://frostriver.com)

▶ WFC Owner Benefit: One free pound of coffee by Duluth Coffee Company with purchase of \$100 or more.

#### Grihastashrami Yoga

21 North 28th Avenue East | Duluth, MN 55812  
218.728.9942 | [grihastashrami.yoga](http://grihastashrami.yoga)

▶ WFC Owner Benefit: One free yoga class. Classes held at Pilgrim Congregational Church.

#### Hanabi Japanese Cuisine

110 North 1st Avenue West | Duluth, MN 55802  
218.464.4412 | [hanabimn.com](http://hanabimn.com)

▶ WFC Owner Benefit: 10% off your purchase. Not valid for lunch specials, happy hour, or alcohol.

#### Hawk Ridge Bird Observatory

PO Box 3006 | Duluth, MN 55803  
218.428.6209 | [hawkridge.org](http://hawkridge.org)

▶ WFC Owner Benefit: 20% off one Hawk Ridge membership at any level.

#### Healing Ways since 1983

1420 East 1st Street | Duluth, MN 55805  
218.724.9737 | 218-724-9737  
[carolyn.sheets@gmail.com](mailto:carolyn.sheets@gmail.com)

▶ WFC Owner Benefit: One Massage Session for \$65 (Good once annually per Owner). One hour Soulwork session for \$60. (Good for 3 sessions per year, per Owner).

#### Hucklebeary - Gifts, Cards & Creative Space

106 E Superior St | Duluth, MN 55802  
218.461.9083 | [hucklebearyduluth.com](http://hucklebearyduluth.com)

▶ WFC Owner Benefit: Buy 7 cards, get the 8th card FREE

#### Infinity Massage & Wellness

4897 Miller Trunk Highway, Suite 200  
Hermantown, MN 5581 | 218.341.8799  
[infinitymassageduluth.com](http://infinitymassageduluth.com)

▶ WFC Owner Benefit: 10% Off Any Service.

#### Jazzercise - Linda Herron

Duluth, MN 55812  
218.728.2843 | [jazzercise.com](http://jazzercise.com)

▶ WFC Owner Benefit: \$25 discount for first-time participants with registration for EFT pass. Valid for 8:30 AM classes Monday, Wednesday, Friday and Saturday.

#### JEM Yoga & Massage

16 ½ N 1st Ave West | Duluth, MN 55802  
218.216.5620 | [jemduluth.com](http://jemduluth.com)

▶ WFC Owner Benefit: 10% Off a Yoga punch card or Massage, limit one per year. Not to be combined with any other offers or discounts.

#### Juice Pharm

12 S 15th Ave East | Duluth, MN 55802  
218.606.1236 | [juice-pharm.com](http://juice-pharm.com)

▶ WFC Owner Benefit: 10% Off any purchase, not to be combined with any other offers or discounts.

#### Lizzard's Art Gallery & Framing

11 West Superior Street | Duluth, MN 55802  
218.722.5815 | [lizzards.com](http://lizzards.com)

▶ WFC Owner Benefit: 15% Off any framing orders

#### Luke Chiropractic & Wellness

916 Hammond Avenue | Superior, WI 54880  
715.392.2476 | [lukechiro.com](http://lukechiro.com)

▶ WFC Owner Benefit: Free exams for new patients and 20% Off your first purchase of products from our office.

#### Master Framing Gallery on London Road

1431 London Road | Duluth, MN 55805  
218.728.4056 | [masterframinggallery@gmail.com](mailto:masterframinggallery@gmail.com)

▶ WFC Owner Benefit: 10% off any custom framing. Not to be combined with any other discount or offer. WFC Owner card must be presented at time of order to receive discount.

#### Northwest Outlet

1814 Belknap Street | Superior, WI 54880  
715.392.9838 | [northwestoutlet.com](http://northwestoutlet.com)

▶ WFC Owner Benefit: 10% off all regular-priced Columbia, Northface and camping gear.

#### Paula Williams - Certified Life Coach

218.428.2862 | [livethislifeonpurpose.com](http://livethislifeonpurpose.com)  
[paulajwilliams@gmail.com](mailto:paulajwilliams@gmail.com)

▶ WFC Owner Benefit: 4th Coaching Session is free. For new and returning clients. See website for more information.

#### Pineapple Art Center & Supply

124 West 1st Street | Duluth, MN 55802  
218.722.2919 | [pineappleartcenter.com](http://pineappleartcenter.com)

▶ WFC Owner Benefit: 10% off all art supplies year-round (offer does not include consignment or classes).

#### Playing with Yarn

276 Scenic Drive | Knife River, MN 55609  
218.834.5967 | [playingwithyarn.com](http://playingwithyarn.com)

▶ WFC Owner Benefit: All purchases can be applied to your Playing With Yarn card anytime, all year.

#### Red Mug Coffeehouse

916 Hammond Avenue | Superior, WI 54880  
715.392.2662 | [redmugcoffee.com](http://redmugcoffee.com)

▶ WFC Owner Benefit: 50% off any Red Mug Salad with the purchase of one beverage. Dine in or take out.

#### Rustic Inn Café & Gifts

2773 Highway 61 | Two Harbors, MN 55616  
218.834.2488 | [rusticinncafe.com](http://rusticinncafe.com)

▶ WFC Owner Benefit: 20% off total purchase. Excludes sale and clearance items.

#### Saffron & Grey Couture Floral Design

2303 Woodland Avenue | Duluth, MN 55803  
218.728.1455 | [saffronandgrey.com](http://saffronandgrey.com)

▶ WFC Owner Benefit: \$25 off any event order of \$250 or more. \$5 off a floral/plant delivery of \$75 or more. Must present WFC Owner card.

#### The SunSpot

Mobile rescue unit fighting vitamin D deficiency and winter blues.  
218.728.1067 | [facebook.com/thesunspotduluth](http://facebook.com/thesunspotduluth)

▶ WFC Owner Benefit: 20% off each 30-minute light therapy session.

#### Trailfitters

600 East Superior Street | Duluth, MN 55802  
218.722.6776 | [trailfittersduluth.com](http://trailfittersduluth.com)

▶ WFC Owner Benefit: 10% Off all regular priced, in-stock clothing or footwear.

#### Tortoise & Hare Footwear

4002 Grand Ave | Duluth, MN 55807  
218.624.4840 | [tortoiseharefootwear.com](http://tortoiseharefootwear.com)

▶ WFC Owner Benefit: \$10 Off any purchase of \$100 or more. Must present Owner card at time of purchase.

#### Yarn Harbor

4629 East Superior Street | Duluth, MN 55804  
218.724.6432 | [yarnharborduluth.com](http://yarnharborduluth.com)

▶ WFC Owner Benefit: Annual one-time 15% discount on yarn purchase. Not available with any other store sales.

#### Wild State Cider

2515 West Superior St, Duluth, MN 55806  
218.606-1151 | [wildstatecider.com](http://wildstatecider.com)

▶ WFC Owner Benefit: FREE taster with purchase of any cider or flight

#### Zeitgeist Arts Café

222 East Superior Street | Duluth, MN 55802  
218.722.9100 | [zeitgeistartscafe.com](http://zeitgeistartscafe.com)

▶ WFC Owner Benefit: Receive a free order of fries with the purchase of an entrée.

#### Zenith Bookstore

318 N. Central Avenue | Duluth, MN 55807  
218.606-1777 | [zenithbookstore.com](http://zenithbookstore.com)

▶ WFC Owner Benefit: 10% Off Your new book purchase!

#### Zinema 2

222 East Superior Street | Duluth, MN 55802  
218.722.7300 | [zinema2.com](http://zinema2.com)

▶ WFC Owner Benefit: One free small popcorn with movie ticket purchase.

**Local Businesses:** Community Co-op Perks is free to join! Email [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop) for more program information.





## Holiday Deals

### Let us bring ease to your Thanksgiving meal!

During the days leading up to the holiday, WFC's Deli will offer a wide selection of delicious, homemade sides to accompany your meal. You can count on us to prepare pretty much everything but the bird!

Interested in our delicious local pies from Rustic Inn & New Scenic? Watch for holiday pre-orders! Watch for holiday pie pre-orders!

Find all details here: [wholefoods.coop/thanksgiving](http://wholefoods.coop/thanksgiving)



## BONUS Owner Deal! 30% HOLIDAY WREATHS!

Deal valid at both Whole Foods Co-op locations. Single use, per Owner account. May not be applied to special orders. No cash value.

Limit 3 per owner account, November 29-December 1.

WHOLE FOODS  
CO-OP



499999003596

# Turn your calling into a career

## Master of Social Work

The College of St. Scholastica is equipping care professionals through our CSWE-accredited social work programs.

- A CSWE accredited, clinically-focused MSW degree designed for those with and without a B.A. in Social Work
- One-year, two-year, and part-time tracks, with classes delivered on weekends
- A *U.S. News & World Report* ranked top Health Grad School

B.A. in Social Work available at four campuses in Minnesota, with on-campus and online options

Learn more at [go.css.edu/garbanzo](http://go.css.edu/garbanzo)



The College of  
*St. Scholastica*





## WFC-U 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 fall 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!

### OCTOBER

#### What is Electromagnetic Field Pollution?

Michelle Russell  
Tuesday, October 1 | 5:30 – 7:00 PM

**DENFELD Classroom**

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

In this new offering from Michelle Russell, participants will learn:

- To identify sources of EMF's
- To understand how EMF radiation impacts our health
- Learn how to recognize the top EMF-related symptoms
- Learn ways to safely reduce your EMF exposure and protect yourself

#### DIY Emulsified Sugar Scrubs

Lanae Rhoads  
Thursday, October 3 | 6:00 – 8:00 PM

**DENFELD Classroom**

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

Learn to Make Your Own Emulsified Sugar Scrub:

Have you ever tried making a body scrub from a recipe you found on Pinterest only to have your bathtub turn into a dangerous oil slick? Why does it do that and how can you stop that from happening? It's all about the magic of emulsification! Join us to make a pampering sugar and salt scrub that will moisturize your skin and keep you safe in the tub, while exploring the creation of emulsification. You will learn about the different base oils, choose from a selection of natural color and essential oil scents to create a scrub all your own. Perfect as we begin the winter season when our skin is suffering from the dry air. Each participant will be able to make their own product from start to finish!



#### Co-op Basics Recipes: Homemade Pasta!

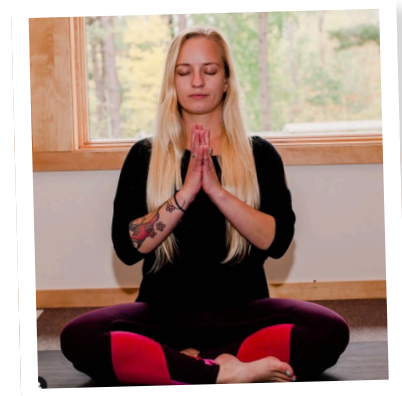
SPACE IS LIMITED

Jen Gilbertson  
Tuesday, October 8 | 6:00 -7:30 PM

**HILLSIDE Classroom**

\$5 registration fee, returned in the form of a \$5 WFC gift card  
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 break out the pasta maker and make fresh pasta along with several scratch made sauces!



#### Co-op Yoga Night

Joella Erin  
Tuesdays, Oct. 15, Nov. 19, Dec. 17, Jan. 21 | 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. Space is limited, come early!

#### Seasonal Cooking: Legends of the Fall

Chef Arlene Coco Buscome  
Tuesday, October 15 | 6:00 – 8:00 PM

**HILLSIDE Classroom**

\$30 WFC Owners | \$40 Non-Owners  
Registration required. Limit 16

In this hands-on cooking class you will learn from Chef Arlene several delicious recipes that perfectly capture the taste of Autumn. The menu includes: Skinny squash Soup, All Seasons Salad, Stuffed Chicken Breast, a Seasonal Vegetable Gratin, and we'll round out the meal with French crepes with Chocolate Ganache.

#### Are You Sick and Tired of Being Sick and Tired?

Michelle Russell  
Thursday, October 17 | 5:30 – 7:00 PM

**DENFELD Classroom**

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

Raise your vibration!

Participants will learn how our habits and choices affect our vibrational energy and how to raise our vibration for optimum health and well-being.

#### Handmade Lip Balm

Lanae Rhoads  
Tuesday, October 22 | 6:00 – 8:00 PM

**HILLSIDE Classroom**

\$20 WFC Owners | \$25 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! Learn about the process, the properties different oils bring to the party, and how to formulate your own recipes. Each participant will go home with three lip balms and a tin of body butter.



### Co-op Community Education



#### 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/events-calendar](http://www.wholefoods.coop/events-calendar)

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

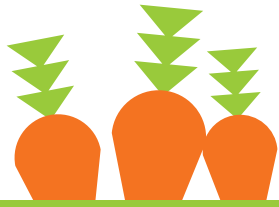
#### Follow us!

@WholeFoodsCoop

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







## Interested in Teaching?

### QUESTIONS?

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

**218.728.0884**

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

### CURRENT INSTRUCTORS:

#### 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.

#### Jen Gilbertson

In her role as both 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

#### April Hepokoski - New WFC-U Instructor

April Hepokoski is a sustainability activist who lives a near zero waste lifestyle, creating close to just a mason jar of trash each month. She has founded Zero Waste Duluth, a social media group where she inspires others to live intentionally and sustainably by sharing her story. She is active in the community hosting speaking events for herself and other activists, organizing clean-ups, speaking on podcasts, and running her nature-based preschool near Zero Waste. Her preschool blog, Zero Waste Nature School, can be found on [zerowastenatureschool.com](http://zerowastenatureschool.com).

#### Rangineh Kalhor - New WFC-U Instructor

A resident of the United States since 2017, former Iranian teacher and current Duluth East High School employee, Rangineh loves cooking, avidly knits and crochets and enjoys teaching Americans about her Persian culture.

#### Missy Polster

I have baked bread at home for about 30 years. Last year, I started to sell bread at Farmer's Markets and now bake and sell from a commercial bakery in Sandstone. I make sourdough and have found that one of my 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



## Tai Chi for Children

Joseph Quade

Saturday, October 26 | 11:00 AM – 12:30 PM

**HILLSIDE Classroom**

*\$10 WFC Owners | \$15 non-Owners  
Registration required. Limit 15*

Tai Chi is a movement form from China. Learning the movements can help you build your inner strength. It helps you with mental focus, balance, coordination, flexibility and feeling peaceful. We will practice and learn beginning level movements. Come dressed to move!

## NOVEMBER

### Kids in the Kitchen: Mexican

Adam Wisocki and Jen Gilbertson

Saturday, November 2 | 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 Chef Adam Wisocki and Jen Gilbertson and learn to make delicious, kid-friendly Mexican recipes as well as how to safely work in the kitchen! All students are encouraged to participate and will get to sample everything at the end of the class!

### Co-op Basics Recipes: Fast, Easy and Delicious

Jen Gilbertson

Tuesday, November 5 | 11:30 AM – 1:30 PM

**HILLSIDE Classroom**

*\$5 registration fee, returned in the form of a \$5 WFC gift card  
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 our focus is fast and easy recipes that taste like they took all day to make!

### Cold Process Soap Making

Lanae Rhoads

Thursday, November 7 | 6:00 – 8:00 PM

**DENFELD Classroom**

*\$20 WFC Owners | \$25 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 5oz. bar of soap that you will choose the scent and color for from a natural selection of essential oils, spices, clays and herbs.

## Zero Waste Living

April Hepokoski

Tuesday, November 12 and Tuesday, January 14 | 6:00 – 7:30 PM

**DENFELD Classroom**  
(November 12)

**HILLSIDE Classroom**  
(January 14)

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



Learn how to reduce your household trash through shopping Zero Waste at the Co-op! This class includes a presentation filled with tips and tricks on how to live a Zero Waste lifestyle in Duluth, followed by a hands-on shopping experience with your own reusable containers and bags at the Co-op. You will gain confidence using the bulk bins, tare system, PLU #'s, bulk produce, experience the check-out process and much more!

## Prepping for a Vegetarian Holiday

Chef Arlene Coco Buscome

Thursday, November 14 | 6:00 – 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 hands-on cooking class you will learn from Chef Arlene several delicious recipes perfect to prepare ahead, freeze and pull out when you have little time but want to serve something truly special. The menu includes: Roasted

Olive Medley, Puff Pastry Bites with Cranberry and Brie, Polenta Lasagna Fermented Kraut Salad, and a Sticky Toffee Pudding with Butterscotch Sauce.

## Handmade Lotions

Lanae Rhoads

Tuesday, November 19 | 6:00 – 8:00 PM

**HILLSIDE Classroom**

*\$20 WFC Owners | \$25 non-Owners  
Registration required. Limit 20*

Back by popular demand!! Once you learn how to make your own lotion you will never want to use anything else! Through this course you'll learn the truth about ingredients and how to read the labels of moisturizers on the market. Then you'll learn how easy it is to make all-natural lotions, how to choose oils for different skin types and the truth about preservatives in skin care. We'll discuss all necessary ingredients like emulsifiers, humectants, emollients, as well as standard equipment and supplies needed to get started. You will be making product that is the same quality they are selling a few ounces in the mall for over \$80 – This will help you learn to evaluate the quality of ingredients in store bought lotions and soaps as well.

## Intro to Healing Touch and the Human Biofield

Stacey Quade

Thursday, November 21 | 6:00 – 7:30 PM

**HILLSIDE Classroom**

*\$15 WFC Owners | \$20 non-Owners  
Registration required. Limit 20*

In this class we will learn basic information about the fields of energetic frequency that everything is made out of and your personal biofield. We will also learn how Healing Touch and other Energy Based Therapies help to keep us balanced and healthy., as well as practice sensing the energy fields of yourself and others.

## History Through Food

Adam Wisocki

Saturday November 23 |

11:00 AM – 1:00 PM

**DENFELD Classroom**

*\$15 WFC Owners | \$20 non-Owners  
Registration required. Limit 20*

Take a trip into the past with your taste buds! We will explore the history behind the food we eat, how things like the cultivation of spices shaped the world as we know it today, and how various foods found their way to our dinner plates. We will also be sampling different foods, so plan to arrive hungry! This class is designed for all ages and all are welcome to attend this fascinating look into the foods we eat!



# WFC-U Co-op Community Education

## DECEMBER

### Easy Holiday Appetizers

Jen Gilbertson  
Tuesday, December 3 | 6:00 – 8:00 PM  
📍 **HILLSIDE Classroom**

\$5 registration fee, returned in the form of a \$5 WFC gift card  
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!

### Kids in the Kitchen: Holiday Treats

Chef Adam Wisocki and Jen Gilbertson  
Saturday, December 7 | 11:00 AM – 1:00 PM  
📍 **DENFELD Classroom**

\$10 WFC Owners | \$15 Non-Owners  
Registration required. Limit 12

Recommended age – 5 years and older

One of our most popular classes! 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!

### The Reluctant Vegan Cajun

Chef Arlene Coco Buscome  
Tuesday, December 10 | 6:00 – 8:00 PM  
📍 **HILLSIDE Classroom**

\$30 WFC Owners | \$40 Non-Owners  
Registration required. Limit 16

Experience a taste of New Orleans without leaving Duluth! Chef Arlene will teach delicious vegan Cajun recipes that will take you on a delicious tour of the Big Easy! The menu includes: Gumbo, Creole White Beans, Mushroom Etouffe, Dirty Rice, and Pumpkin Bread Pudding. Be prepared for participation in this hands-on cooking class!

### Persian Cooking with Rangineh

Rangineh Kalhor  
Thursday, December 12 | 6:00 – 8:00 PM  
📍 **HILLSIDE Classroom**

\$20 WFC Owners | \$30 Non-Owners  
Registration required. Limit 12

Learn about the culture of Iran and experience some of their delicious traditional recipes! Our newest

WFC-U instructor, Rangineh will demonstrate how to make Green Bean Pilaf, as well as Kuku Sabzi (a Persian herb frittata)!

## JANUARY

### Kids in the Kitchen: Easy and Healthy Snacks

Chef Adam Wisocki and Jen Gilbertson  
Saturday, January 4 | 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!

### Winter Cleanse Class

Stacey Quade  
Tuesday, January 7 | 6:00 – 7:30 PM  
📍 **HILLSIDE Classroom**

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

WHY WINTER DETOX? Re-vitalize after the holiday season. Improve your immune system, metabolism and wellness all winter long. "To detox or not to detox" is not the question, it's how to safely do it in

a gentle supportive way during the time of year when your body needs to be nurtured and supported. Topics covered include:

- What makes a good cleanse? Critical components, dos and don'ts.
- What happens during a cleansing process? It's not just physical.
- How to decide if you need to do a full cleanse or just modify nutrition and habits.
- Different detoxifying foods, herbs, and techniques that are easy to incorporate into your daily life. AND easier ways to use CASTOR OIL!

### Soup, Salad and Chocolate Cherry Sourdough

Missy Polster and Jen Gilbertson  
Saturday, January 11 | 11:00 AM – 2:00 PM  
📍 **HILLSIDE Classroom**

\$20 WFC Owners \$30 Non-Owners  
Registration required. Limit 20

Missy Polster and Jen Gilbertson will each teach aspects of this dual class – Missy will begin with her Chocolate Cherry Sourdough Bread and while we wait for the bread to rise between stretching Jen will make a delicious salad and soup to accompany the bread. Missy will also cover the feeding of sourdough, preparing of dough, stretching process, fermentation and then baking and storing your bread. Come hungry!

information about this art and, I hope to demystify it a bit for others and plant more seeds for people to do this themselves.

#### 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.

#### 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 I 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.

#### Lanae Rhoads

Lanae Rhoads is the owner of Mix Cosmetics. 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

#### Adam Wisocki

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



## Looking for some Mortgage Navigation?

Our mortgage team is here, with lenders who will guide you to a full range of financing options for homes, raw land and construction.

**Beyond friendly service, you'll also receive:**  
Market-leading interest rates | Complete electronic loan process, if desired | Same-day approvals and closings within 30 days

**800.450.0709**

**northshorefcu.org**



Duluth | Two Harbors | Silver Bay | Lutsen | Grand Marais | Grand Portage

