

WHOLE FOODS CO-OP  
garbanzo  
gazette

FALL 2021

Inside is your Whole Foods Co-op 2021 Annual Report, the Owner Election Guide, as well as the announcement of the Annual Owners Meeting — join us for a fun, digital, community building event!

Meet the recipients of the new Grow Local Food Fund — including Ginga Newton of Growing Together — who are expanding their production to help serve our community.

PAGE 10

HARVESTING  
SUCCESS





**HILLSIDE**

610 East 4th Street  
Duluth, MN 55805

**DENFELD**

4426 Grand Avenue  
Duluth, MN 55807

218.728.0884  
www.wholefoods.coop

OPEN DAILY • 7AM-9PM

**Holiday Hours**

Thanksgiving: 7am-2pm  
Christmas Eve: 7am-5pm  
Christmas Day: Closed  
New Year's Eve: 7am-7pm  
New Year's Day: 9am-9pm

**GARBANZO GAZETTE**

is published by Whole Foods Co-op

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unless otherwise noted

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Refer submissions and questions to:  
marketing@wholefoods.coop

**SHARE THE LOVE**

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

**WE'RE SOCIAL!**

@WholeFoodsCoop



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



Alyza Savage, Daicin Savage, and Delilah Savage of Baby Cakes Wild Rice Bakery/Savage Girl Salads harvest this year's bounty. Learn about the recipients of the Grow Local Food Fund (page 10) and the upcoming 2021 Non-Profit recipients (page 13).

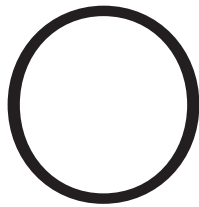
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**Sarah Hannigan**  
General Manager

# Embracing our Rich Cooperative Model



October is Co-op Month! In the pages ahead we celebrate cooperation, the cooperative business model and the things that set us apart. While cooperative businesses take on many forms, cooperatives around the world generally uphold a shared set of core values. The seven Cooperative Principles below were adopted by the International Co-operative Alliance in 1995, and can be traced back to the first modern cooperative founded in Rochdale, England in 1844. These principles, along with our ENDS statement, help guide us in our daily actions and keep us rooting in our founding principles.

► **Voluntary and Open Membership.** This publication is in your hands because you decided to join our cooperative. You didn't pay an annual membership fee, but instead you invested. And with that one-time equity purchase, anyone can become an owner of this vibrant local business. And you're in good company — we currently have over 12,170 Owners!

► **Democratic Member Control.** WFC is governed by a Board of Directors who are elected by Co-op Owners. The annual election guide—found in this issue—gives an introduction to our slate of community member candidates, and instructions on how to participate in this year's election. I hope you do!

► **Member Economic Participation.** Our Co-op is a consumer owned cooperative meaning we're here to serve our shoppers and provide value. The back page of the Gazette has \$15 worth of valuable coupons for Owners, and watch your mailboxes for a special thank you coupon later this fall!

► **Autonomy and Independence.** We are an independent, autonomous business that is owned by the people that shop here. We were founded in Duluth in 1970, and have dedicated over five decades to serving our local community. The enclosed Annual Report highlights accomplishments for the most recent fiscal year so you can see how we're doing.

► **Education, Training and Information.** We haven't had an opportunity to open our classrooms to the public since early 2020, but it hasn't stopped

us from continuing to uphold our commitment to providing educational opportunities. In this issue, you'll see our brand-new lineup of virtual classes and events offered this fall. I'd be surprised if you didn't find something of interest to you!

► **Cooperation among Cooperatives.** It goes without saying that we love cooperatives and other businesses that embrace the economic model.

**As a cooperative, we are so much more than a grocery store. Our roots to community, our contribution to the local economy, and our commitment to the Lake Superior bioregion are authentic, deep, and richly interlaced.**

Featured in this issue is our favorite, local, employee-owned cooperative bakery, and a producer co-op dedicated to expanding access to market for its members.

► **Concern for Community.** We're all about maximizing the positive impact we have in the community. One new way we're doing this is through the Grow Local Food Fund, a grant program supporting producers and farmers who are dedicated

to levelling up their contributions to the local food economy. See more about the first round of Grow Local Food Fund awardees in the pages ahead.

It's an honor and privilege to lead our purpose driven cooperative — even through these interesting times. Through our commitment to these Seven Cooperative Principles, we're able to accomplish more than a typical retailer. As a cooperative, we are so much more than a grocery store. Our roots in community, our contribution to the local economy, and our commitment to the Lake Superior bioregion are authentic, deep and richly interlaced. Thank you for being a vital part of the Whole Foods Co-op!

*In Cooperation,*  
Sarah Hannigan, General Manager



**Mickey Pearson**  
Board of Directors

# Celebrating 9 Years of Board Service

**E**mbracing change is a trait I strive to embody. In this uniquely turbulent era, stepping back and reflecting on life's many changes inspires me. My youngest son just entered middle school, but it doesn't feel that long ago when he adorably donned a WFC hard hat and plastic jackhammer at the groundbreaking ceremony for the Co-op's new Denfeld location. After nine years serving on the board, our historic changes are absolutely worth embracing.

When I joined the board, the Co-op's Hillside location had been firing on all cylinders for some time. Across our industry, all eyes were on how to capitalize on years of consistent growth. In the ensuing years, the Co-op accomplished some staggeringly cool things. We rocketed past 10,000 owners, many of whom funded an owner loan program to build the Denfeld location on the west side of town. The Denfeld location found its place in the community and continues to grow — see the stat about Denfeld's 15.78% growth this year in the Annual Report inserted into this special issue of the Garbanzo Gazette.

The board itself grew and adapted along the way, evolving in our unique organizational role. We strived to develop a culture of stewardship and guidance, where big, passionate ideas are heard and respected while maintaining a steady hand on the tiller.

Speaking of steady hands, I believe the single best decision the board has collectively made was hiring Sarah Hannigan as General Manager. While our rigorous search in 2016 led the board to make a confident selection in her promotion, her leadership in the role has been inspiring. The last five years are filled with countless occasions where her particular combination of empathy and organization skills guided the Co-op through both the mundane and extraordinary. If not for her collaborative

and decisive leadership, our beloved community-owned grocery store would not have the confident footing it has today. Our board meetings are consistently made better and more effective with Sarah. She's phenomenal at helping inform our decisions, bringing us fuller understanding of impacts on day-to-day operations in the stores, how we fit into the larger Twin Ports community and where we sit in relation to national trends in our niche market of the grocery industry. She's smart as heck and unafraid to bring her whole

**We're a revolutionary business model, an empowering model of collective leadership, and a transformational donor for community wellness initiatives.**

person to the table. It's an alchemy unlike any leader I've worked with and I'm proud to have been present for it. As I depart the Whole Foods Co-op Board of Directors after 9 years of service, I'm feeling a deep sense of gratitude for everything WFC gives me and our community. Thank you to the owners who voted for me, to my fellow board members who shared their time, and to the dedicated staff who make our stores more than simply a place to get groceries. For most people, the Co-op is just the place where you go to get Food Farm carrots and some great grab-and-go WFC Deli lunch. Ask a grizzled board veteran at the end of their term and he won't shut up about all the other cool things we do. We're a revolutionary business model, an empowering model of collective leadership, and a transformational donor for community wellness initiatives. But we'll also sell you fantastic peanut soup or fresh mangoes.

I'm so excited for what's in store for our Co-op. Thank you!

## WFC Board of Directors



**JAMIE HARVIE**  
President  
Term expires 2023  
jharvie@wholefoods.coop



**KIM NORDIN**  
Vice President  
Term expires 2021  
knordin@wholefoods.coop



**RYAN JONES-CASEY**  
Treasurer & Secretary  
Term expires 2023  
rjonescasey@wholefoods.coop



**MICKEY PEARSON**  
Term expires 2021  
mpearson@wholefoods.coop



**BRANDON SMITH**  
Term expires 2021  
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**MARIA ISLEY**  
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misley@wholefoods.coop



**HOLLY WOLFE**  
Term expires 2023  
hwolfe@wholefoods.coop



**EMILY ANDERSON**  
Term expires 2022  
eanderson@wholefoods.coop

## Board Meetings

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month requesting the Board's consideration. Board meetings are at 5:30 PM on the 4th Monday of every month, November through September, subject to change.

*If you're interested in attending a Board meeting, please contact wfcbod@wholefoods.coop and we'll send you meeting details.*



## Co-op Fall Virtual Classes

**Free Registration: [wholefoods.coop/classes](https://www.wholefoods.coop/classes)**

Get detailed class descriptions, instructor bios, and registration information.

### Hemp 101: A Plant Exploration

Gilbert Schwartz Thursday, November 4 • 6 – 7:30pm



Join Gilbert Schwartz for an engaging class on all things hemp! He will review the many uses of this incredible plant, plus take a look behind-the-scenes of how he sustainably grows and processes hemp on his local farm. Gilbert will end the class discussing cannabinoid-rich tinctures, various strains of hemp flowers, full spectrum salve topicals, and other neat hemp products.

### October

#### Frequency Healing

Jean Sumner

Thursday, October 7 • 10 – 11:30am

#### Mentor Duluth Presents: The Mentor Movement!

Porsha Cline, Karen Valdez and Katie Pease

Thursday, October 14 • 11am – 12:30pm

#### Cajitalia - Cajun Italian Dishes

Chef Arlene Coco

Saturday, October 16 • 10am – 12pm

#### Making Ricotta Cheese!

Jen Gilbertson

Tuesday, October 19 • 6 – 8pm

#### Kids in the Kitchen: Spooky Eats

Jen Gilbertson

Saturday, October 23 • 10 – 11:30am

#### How to Manage Your Stress

Michelle Russell

Thursday, October 28 • 6 – 7:30pm

### November

#### Hemp 101: A Plant Exploration

Gilbert Schwartz

Thursday, November 4 • 6 – 7:30pm

#### Indigenous Harvest

Jen Gilbertson and Friends

Thursday, November 11 • 6 – 8pm

#### Harvest Side Dishes (Flexitarian)

Chef Arlene Coco

Saturday, November 13 • 10am – 12pm

#### Electro Magnetic Frequency Devices

Jean Sumner

Thursday, November 18 • 10 – 11:30am

#### Kids in the Kitchen: Harvest Party Bites

Jen Gilbertson

Saturday, November 20 • 10 – 11:30am

#### Three Keys to Creating the Life You Love

Inge Maskun

Tuesday, November 23 • 6 – 7:30pm

#### Herbalism for Beginners

Stacey Quade

Last Tuesday of the month

November 30 – June 28 • 6 – 7:30pm

### December

#### Jump Into Action – Leg Care

Joseph Quade

Thursday, December 2 • 6 – 7:30pm

#### Holiday Charcuterie Boards

Chef Arlene Coco

Saturday, December 4 • 10am – 12pm

#### Easy Holiday Appetizers

Jen Gilbertson

Thursday, December 9 • 6 – 8pm

#### Kids in the Kitchen: Holiday Treats

Jen Gilbertson

Saturday, December 11 • 10 – 11:30am

### January

#### Havana Eats: Cubano Cuisine

Jen Gilbertson

Thursday, January 6 • 6 – 8pm

#### Alzheimer's Association Presents: Healthy Living for Your Brain and Body

Thursday, January 13 • 6 – 7:30pm

#### Kids in the Kitchen: Easy, Healthy and Delicious

Jen Gilbertson

Saturday, January 15 • 10 – 11:30am

#### How to Keep Your Immune System Strong

Jean Sumner

Thursday, January 20 • 10 – 11:30am

#### Breaking Down Flexitarian Cooking

Chef Arlene Coco

Saturday, January 22 • 10am – 12pm

#### Alzheimer's Association Presents: Dementia Conversations; Driving, Doctor Visits, Legal and Financial Planning

Thursday, January 27 • 6 – 7:30pm

### Ongoing Monthly Classes

#### Qigong with Rebecca

Rebecca James-Alsum

**Tuesdays** • 7 – 8pm

October 5      December 7

November 2     January 4

**Saturdays** • 10:30 – 11:30am

October 30     December 18

November 27    January 29

#### Co-op Yoga Night: Advanced Vinyasa

Joella Erin of JEM Duluth

**Tuesdays** • 5:30 – 6:30pm

October 12     December 14

November 9     January 11

#### Co-op Yoga Night: Slow Flow Yoga

Joella Erin of JEM Duluth

**Thursdays** • 5:30 – 6:30pm

October 21     December 16

November 18    January 20

#### Let's Do SunDo

Kim Hedegaard of

Body Awareness Therapeutic Massage

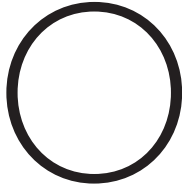
**Tuesdays** • 6 – 7:30pm

November 16    January 18

Interested in hosting a class? Email [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop) for more details

# Bayfield Foods

A cooperative of local farmers and food producers working together toward a common good



October is National Co-op Month! In celebration we are focusing on our local suppliers that are also cooperative businesses.

The Bayfield Regional Food Producers Cooperative (Bayfield Foods) was formed in June of 2010 by farmers and food producers in the Chequamegon Bay region of northern Wisconsin. Consisting of over 20 farmers and food producers, their mission is to provide customers with high quality, nutritious, and sustainably-grown foods produced in Ashland and Bayfield Counties in Wisconsin. Their products include meats, fruits, vegetables, baked goods, cheese, CBD products, flowers, and various other products. All of their goods are available to purchase through their CSA (Community Supported Agriculture) shares. Many of their products can be found at the Whole Foods Co-op including products from Spirit Creek Farm, Cafe Coco, Bayfield Apple Co., Northwoods Botanicals, Superior Small Batch, Bodin Fisheries (when available), and seasonal products from Happy Hollow Creamery, Great Oak Farm, Wild Hollow Farm, and Boda Bayfield.

Brian Clements runs Northcroft Farm with his partner Emily Schlager, and is also the General Manager of Bayfield Foods. He explained that there are many similarities between their cooperative



and Whole Foods Co-op. They, like us, have a board of directors and have democratic member control. They demonstrate concern for their community and make education a priority. And like WFC, their membership is open and voluntary. Producers

wanting to join the Bayfield Foods are given a two-year trial run as Supporting Members, after which they have the option to buy into the Cooperative and become full-fledged members.

According to Brian, what makes Bayfield Foods special is that as producers, they work together to provide a wide range of local products to their customers all in one place. By doing so they are

**Continued on Next Page**



Spirit Creek Farm (above left) and Bodin Fisheries (above right) are both part of Bayfield Foods. Photos courtesy Bayfield Foods Cooperative



**Continued from Previous Page**

able to offer their CSA year-round including a winter share that runs November through March, which most CSAs are unable to do. While each producer has their own production facility, together the cooperative operates an aggregation and storage facility outside of Ashland, WI, with walk-in freezers, a cooler and refrigerated delivery vehicles to ensure their products are delivered in top notch condition.

There is a great deal of connection between all of the members of Bayfield Foods. Jennifer Sauter-Sargent, who runs Spirit Creek Farm with her husband Andrew stated they have been members of Bayfield Foods since its creation and how it's wonderful to collaborate and learn from other small food producers and growers. "We have gained assistance and education from each other that is invaluable."

One of the big logistical problems many producers face is getting their products to market. By forming the Bayfield Foods, they are able to share the costs associated with distributing products. The pandemic has actually been a great boost for Bayfield Foods. With more people cooking at home as well as the interruptions in the supply chain there has been much more interest in local foods.

Bayfield Foods exemplifies the value of working together toward a common goal. Members are able to achieve so much more working in cooperation than they could going it alone. Bayfield Foods' members truly are stronger together.



Bayfield Foods' yearly meeting looked a little different this year, with farmers and food producers coming together over Zoom. Photo courtesy Bayfield Foods Cooperative

**"We have gained assistance and education from each other that is invaluable."**

We've got everything you need for your **Harvest Meal!**

PIES & SIDES • LOCAL TURKEYS •  
GLUTEN FREE AND VEGAN OPTIONS •  
CO-OP MADE • AND MORE!

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# Positively 3rd Street Bakery

A flourishing worker-owned cooperative baking up made-from-scratch cookies, breads and more

**A**nother familiar cooperatively run local business is none other than Positively 3rd Street Bakery. Founded as a worker-owned cooperative in 1983, together the employees own the means of production, self-manage, make decisions democratically, and practice grassroots socialism. Their representative Angi Ball stated, “We are a worker-owned cooperative because it allows us to operate in a revolutionary way - our goals are not driven strictly by profit and growth. We exist for the benefit of our members, our community, and the worker owned movement as a whole.”

Currently, Positively 3rd Street Bakery has 16 co-owners. Angi shared that the amount of time each member has dedicated to the business varies greatly.



“Our longest standing member has been here for 13 years, while our newest started only 3 weeks ago,” Angi said. There are those who have been baking for over 30 years, and those who are just learning to shape scones.

**Continued on Next Page**



**JOIN OUR TEAM!**

**WE'RE HIRING**

**Full-Time & Part-Time Job Openings!**

**\$13.45 - \$19.95/hour**

**Benefits:**

- 15% Employee Discount
- Health Insurance • Paid Time Off
- 401K Match • Free Produce

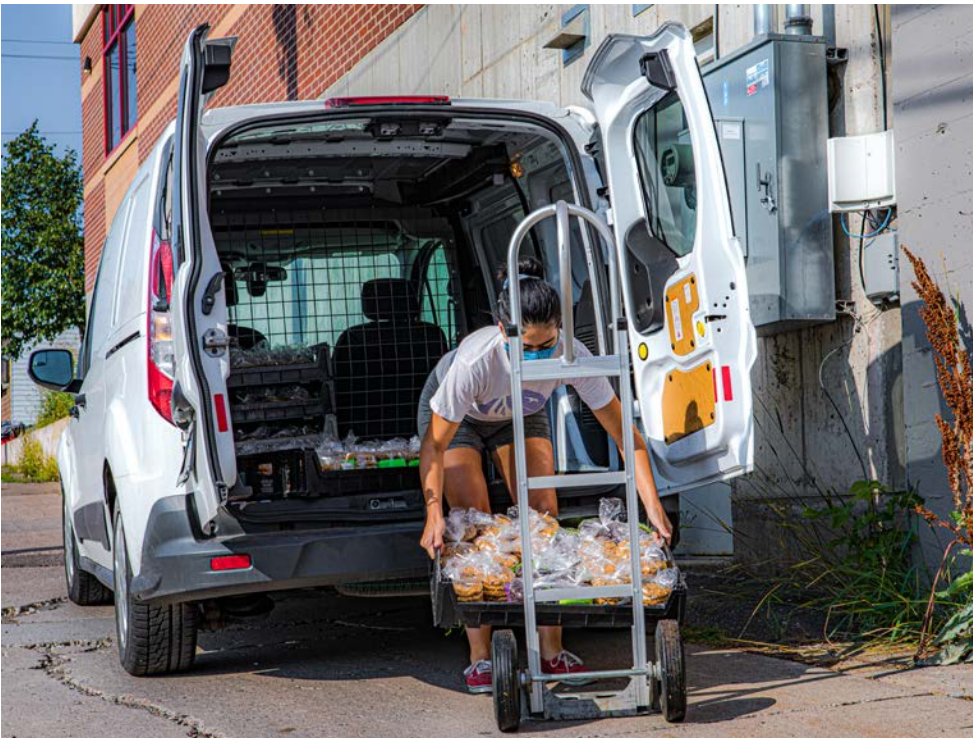
Apply online: [wholefoods.coop/employment](https://wholefoods.coop/employment)



**Are you going to need bags today?**

The City of Duluth's plastic carryout bag fee begins mid-October. To support the initiative, the Co-op will begin charging \$0.05 per paper carryout bag at checkout starting October 11th. Co-op Access Discount Program participants and those using eWIC or EBT will not be charged.





A delivery of cookies from 3rd Street Bakery for the Co-op gets put on the shelves (above).

“We were not expecting lines out the door (during the pandemic)! Without the support of our community we could not be here. That is true for every year since we opened.”

### Continued from Previous Page

Regardless, all members bring something valuable to their cooperative and they encourage members to grow and flourish via their own choices and interests, while also valuing the various trade and life skills they bring to the table.

Everything in their bakery is handmade from scratch. At 3rd Street they pay close attention to ingredients, and source local and organic products whenever possible. Their products are made fresh daily, with intention and love. On any given day you can find their fantastic cookies and croissants, delicious loaves of bread and bagels, great granola and other specialty items at Whole Foods Co-op.

When asked about the impact of the pandemic on their business, Angi stated it was a scary time for folks at 3rd Street. They anticipated having to rely on the support of our community, and the community really came through! “We were not expecting lines out the door! Without the support of our community we could not be here. That is true for every year since we opened. With the help of the community we were able to update equipment, provide mutual aid to South Minneapolis, participate in multiple fundraisers like #bakersagainstracism and provide free lunch packs for Duluth families in need.”

Cooperatives and community truly go hand in hand!



Workers (and co-owners) of Positively 3rd Street Bakery. Currently, the cooperative has 16 co-owners. Photo courtesy Positively 3rd Street Bakery.



# BABY CAKES WILD RICE BAKERY /SAVAGE GIRL SALADS

## GIVE!

Whole Foods Co-op's new Grow Local Food Fund aims to increase the supply of local and sustainable food by supporting projects that strengthen the local farming and food producer community. We're excited to introduce the three spring 2021 grant recipients!



Above: From left, Leah Savage, Daicin Savage, Alyza Savage and Delilah Savage at their garden plot on their reservation's tribal farm within the tribal garden program

**Baby Cakes Wild Rice Bakery/Savage Girl Salads:** “We are Indigenous food producers and live on the Fond du Lac Reservation of Lake Superior Chippewa. We come from generations of harvesters, food producers, artisans and entrepreneurs of wild rice, maple syrup and garden veggies.

It is now up to the younger generations of the family to keep on harvesting wild rice and maple syrup and teaching their young ones. Only now, we combine those traditions with contemporary times.” – Leah and Delilah Savage

### THE PROJECT

Grow Local Food Fund grant funds used to purchase professionally upgraded and efficient equipment, like a double oven and 10 qt mixer, to expand opportunities that promote the indigenous culture through food.





# GROWING TOGETHER



**Growing Together** is an active farm in the community currently supporting local food production and inspiring others to grow food and live healthy and more sustainably. Owner Ginga Newton sells produce at the Hillside and Lincoln Park Farmers Markets and to local food trucks.

“The mission of Growing Together is to grow produce to feed our community, inspire others to grow their own food and create urban farms to live more sustainably and in harmony with the planet’s natural cycle, and to grow more women farmers of color.” – *Ginga Newton*

## THE PROJECT

Grow Local Food Fund grant funds used to purchase food storage bins, produce wash table and walk-in cooler supplies to scale urban garden and educate other gardeners, specifically Black, Indigenous and People of Color gardeners.

Below: Ginga Newton (right) and her daughter (left).





**GIVE!**



Above: Adam Kemp, Rick Dalen and Clara Salvesson.

**Northern Harvest Farm:**

Our goal is to provide local, organically grown produce to people in the Northland community. This gives us the opportunity to do meaningful work and to contribute to a more sustainable and healthy food system.

**THE PROJECT**

Grow Local Food Fund grant funds used to purchase soil building amendments that will address soil deficiencies in new land, which will more than triple the amount of ground available for vegetable production.

“In 2020, we gained access to an additional 20 acres of good land. It will allow us to have a more extensive crop rotation, which will have a greater emphasis on cover crops for both soil health and weed management.

Soil fertility is at the heart of everything we do. If we don't have healthy, vibrant soil, we've got nothing.” – Rick Dalen



**NORTHERN HARVEST FARM**







**NON-PROFIT  
SUPPORT  
PROGRAM**



Photo provided by Family Freedom Fund

## Family Freedom Fund

*Funds directly support FFC programming, Black entrepreneurs, and Freedom Farms garden*

Family Freedom Center works to empower the Black community by creating unapologetically Black spaces and reconstructing the cultural narrative of what it means to be Black. FFC conducts community outreach, runs Freedom Youth Start-Ups Entrepreneurship programming and racial sensitivity training. Most recently, FFC has founded Freedom Farms, a community garden built by the Black community for the whole community and found at 500 E 10th St, Duluth. GIVE Round Up support directly impacts Black Duluthians and ensures they can continue to “see a need, fill a need.”

► **Learn more:** [familyfreedomcenter.org](http://familyfreedomcenter.org)



### November Ecolibrium3

*Building community sustainability and resiliency through projects like the Lincoln Park Solar Garden*

Ecolibrium3's mission is to lead and inspire change towards an equitable and sustainable future. Their oldest program - DEEP - has assisted over 1,400 households through home energy audits and energy efficiency improvements. This program is now known as Eco3 Energy and has expanded to include the Lincoln Park Solar Garden, and Giving Comfort At Home - programs that bring extra support to veterans and low income households. Our Eco3 VISTA, Eco3 LNPk, and Main Street Lincoln Park programs focus on community sustainability, energy transition, housing stock improvement, economic security, food access, and health.



► **Learn more:** [ecolibrium3.org](http://ecolibrium3.org)

### December The American Indian Community Housing Organization (AICHO)

*Centering Indigenous values in all aspects of our work like reclaiming healthy and Indigenous foods*

The American Indian Community Housing Organization has operated successful programming for 27 years including emergency shelter, supportive housing, and community support services. AICHO was created to establish an Indigenous response to social conditions in Duluth and works to resolve the impact of violence, housing and economic inequity, historical trauma, and systemic racism. After AICHO opened its permanent supportive housing program in 2012, they started offering meals and converted unused rooftop spaces into an urban garden space, which started their journey to reclaim healthy and Indigenous foods.



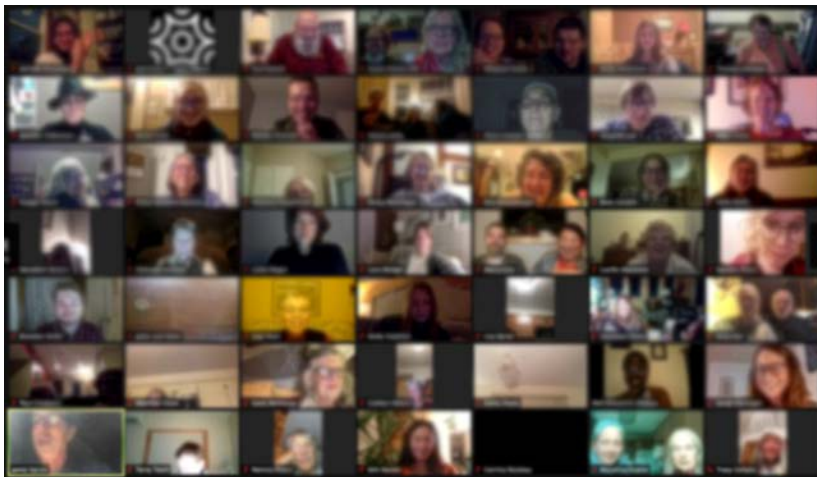
► **Learn more:** [aicho.org](http://aicho.org)

# Annual Owner Meeting

Virtual  
Event!

**JOIN THE FUN!**

Tuesday, October 26 • 6-7:30pm



◀ Connect with your community! Join a virtual breakout session and meet new people in a small group setting.

▶ Meet local non-profits and food producers that will receive over \$100,000 in GIVE Round Up shopper donations in 2022.

▶ Win Prizes! Exciting and valuable prizes will be given away during the meeting.

▶ Learn about the Co-op's most recent fiscal year and what's ahead. Offer your thoughts on the state of the Co-op during an open listening session.

▶ Get the of Board of Directors Election results and meet your new WFC Board Members.

**Register by October 22:** [wholefoods.coop/owner-meeting](https://wholefoods.coop/owner-meeting)

*Those without internet or computer access can call customer service at 218-728-0884 to register and receive a phone number to call into the meeting.*



2022

# Election Guide

**Help shape our Co-op and the community in a big way.** Highlights on the ballot include four open seats in the Whole Foods Co-op Board of Directors and an opportunity to select GIVE Round Up recipients for 2022. Cast your vote and play a role in guiding Co-op leadership and our impact on the community - it really makes a difference!



**BOARD OF DIRECTORS CANDIDATE**

## Vidar Sanchez

### **Please provide a brief statement of introduction/ bio**

My name is Vidar Sanchez, I'm a father, avid cook, a would-be gardener, civil engineer, part time thrill seeker, and hopeful Whole Foods Co-op board member. I come seeking your support to join the board as a food uberfan and a firm believer in the cooperative model. The values that I'll bring were shaped by years spent on my parent's small scale organic farm in northern New Mexico. There I learned the importance of resourcefulness in tackling the bevy of challenges faced on the daily; the importance of diversifying crops to reduce the financial impact of plagues, droughts, or severe storms; and perhaps most importantly it taught me to appreciate food for the effort that it requires to produce, and to see it for the gift that it is.

### **Why would you like to serve on the Board of Directors of Whole Foods Co-op?**

I'd like to serve on the Board of Directors for several reason, but mainly because:

1. I believe my unique life's experience would bring an interesting perspective to the board.
2. I'd like to help guide the co-op on a path to greater environmental sustainability and justice through education and outreach and to engage communities that have traditionally been overlooked by conventional grocery stores.
3. I feel the need to become more personally engaged with my community and to give back by promoting ideas and causes that help grow access to healthy foods.

### **Describe any volunteer or paid experiences relevant to your service as a Co-op Board member. What skills or experience will you bring to this Board?**

I've had a life long relationship with food and food production. I first got my hands dirty on the old family farm. I witnessed the progression from seed to plant to fruit and/or back to seed. After leaving home, I worked in the produce department at Albuquerque NM's flagship Co-op for five years, holding various positions culminating in Department Manager. I was later recruited by a local farmer to manage the distribution of NM's largest farm to table operation. While my professional pursuits have since taken me away from food production, my heart and soul are deeply rooted in the places that feed me.

### **What opportunities and challenges do you see in the future for Whole Foods Co-op?**

I see two significant challenges faced by the Whole Foods Co-op as well as Co-ops across the country. First, how to prepare for the impacts of climate change and how to reinforce the local food systems to make them more resilient in the face of a changing world. Second, how to make food more accessible to people of all walks of life. Clean/healthy food must be seen as a right for all to enjoy. The City of Duluth with its access to clean and plentiful water is favorably positioned to face many of these challenges, it is the Co-op's Board of Directors' responsibility to keep an eye on the horizon and steer the ship in the direction we want it to go.

[wholefoods.coop/vote](https://wholefoods.coop/vote) • Thursday, October 1 – Thursday, October 21

*Those without internet or computer access can cast their ballot on paper at our customer service desk.*



## BOARD OF DIRECTORS CANDIDATE

# Robin Pestalozzi

### Please provide a brief statement of introduction/ bio

I'm Robin Pestalozzi (she/her pronouns), born and raised in Duluth, Minnesota. Returning to Duluth as a young professional created a deep appreciation within me for this place and the people who live here. My passion for positive social change and community engagement grew during my undergraduate studies at UMD in Spanish and Sociology, and I've developed a deeper focus on community development with a master's degree in Non-profit Management from Regis University in Denver, CO. In my professional life, I am a Development Director with the Essentia Health Foundation — facilitating resources for initiatives throughout our healthcare system to make a healthy difference for patients and families. When I'm not working, you can find me in our garden or on the trails by our house with my partner Stephen and our toddler, Lev.

### Why would you like to serve on the Board of Directors of Whole Foods Co-op?

The Whole Foods Co-op's constant work towards a more robust local, sustainable food system, and the prioritization of equity, diversity and inclusion are just a few reasons that I'd like to serve as a board member for the Whole Foods Co-op (WFC). As a shopper at the Co-op, I appreciate the healthy, local, and international food options it offers. In addition to food options, it's important to me that our community has equitable and affordable access to healthy food. I'm impressed by the Co-op's ability to give back through the Round-Up program, as well educational classes. As a Whole Food Co-op Board Member, I'd appreciate the opportunity to represent all community members, shoppers, and owners by seeking out and listening to owner, employee & community feedback, as well as by acting strategically for the future of our Whole Foods Co-op.

### Describe any volunteer or paid experiences relevant to your service as a Co-op Board member. What skills or experience will you bring to this Board?

My professional and volunteer experiences have all been based around the health and well-being of others— including the administrative side of providing basic healthcare services for women, and more recently organizing valuable resources for much needed housing and healthcare developments in our community. I've served on the Board of Directors for a local service club, and I'm currently a board member of Hawk Ridge Bird Observatory, serving since 2016. My previous board experience with local organizations and professional experiences engaging with community stakeholders demonstrate my ability to be a leader with proven qualities of thinking strategically, actively listening and learning, and relating to diverse communities. These are skills and strengths that I would bring to the WFC as a board member.

### What opportunities and challenges do you see in the future for Whole Foods Co-op?

The global Covid-19 pandemic has created immense opportunities and challenges for everyone. Many consumers have taken advantage of the convenience of online shopping, while local businesses have had to be creative in keeping business alive. I'm impressed with the Whole Food Co-op's ability to serve customers and owners in a safe and effective way throughout the inevitable challenges of the pandemic. I believe these challenges will continue to spark a need for creativity and adaptability to meet the needs of customers.

### Other comments:

Rumor has it, my husband Stephen and I first met at the Whole Foods Co-op when we were toddlers, our parents being a part of the same food buying club. Although neither of us remember meeting as two year old's, it has been formative to hear our families share stories of food buying clubs- buying in bulk together and splitting amongst families as an affordable way to access organic food options. I feel grateful for the communities that have made the co-op what it is today, as well as for those working towards the future.





## BOARD OF DIRECTORS CANDIDATE

# LeAnn Littlewolf

### Please provide a brief statement of introduction/ bio

My name is LeAnn Littlewolf (she/her) and I have been shopping at the WFC since 1995 when I first moved to Duluth. I became a member in 2011. I have worked for 30 years in nonprofit, community organizing, and advocacy roles, working for social change. I have a commitment to cultural and community-based strategies, equity, and Seventh Generation principles. I am from the Leech Lake Band of Ojibwe and I belong to the Wolf Clan. I love being here in Duluth with my son, Wakik, and my partner, Vinson, and our dog Fenris. We love Lake Superior, all the local rivers and great places to walk & hike. I'm passionate about local foods & Indigenous foods.

### Why would you like to serve on the Board of Directors of Whole Foods Co-op?

I have enjoyed being a member owner and always feel grateful to the board members who give their time & energy to move our Whole Foods Co-op forward. Over the years, I have watched WFC go through incredible growth and offer new direction and vision to our whole community. I am excited to be a part of this kind of energy and new possibilities that gets shared across our membership. I am also excited to learn more deeply about cooperative principles in action and how to keep cooperative values alive.

### Describe any volunteer or paid experiences relevant to your service as a Co-op Board member. What skills or experience will you bring to this Board?

I serve on three boards right now, with TakeAction MN, Minnesota Indigenous Business Alliance, and Native Sun. These three organizations operate with cooperative and justice-focused approaches and are spaces where I continuously learn. I worked at the American Indian Community Housing Organization as the Economic Development Director, working with a leadership team on a food sovereignty initiative and social enterprise start-ups. I spent time learning about local foods, organic farming, Indigenous food systems and practices, and renewable energy. I am committed to racial and social justice and I bring an equity mindset. One of my most important skills I gained from spending time with my Grandma. She often took me with her to visit other elders and I learned to listen and be present. I think this is an essential skill so we can learn from others and think deeply together while valuing each other's company. Being in relationship is what moves our community forward.

### What opportunities and challenges do you see in the future for Whole Foods Co-op?

I see opportunities to expand access to local food, both in who grows or produces local food, and also who can enjoy those foods. It's exciting to already see this happening and looking forward to see more creative expansion of local foods. We need to move to net zero carbon emissions. With two retail grocery stores, WFC will need to build upon practices & strategies already in place and find new strategies. With the experience of the pandemic and escalating climate change events, we are challenged to adapt to the unexpected and to think and act cohesively as a committed community. Workers are expressing different needs and our challenge will be how we engage with our valued workers and workforce changes. We have a great opportunity to learn from different perspectives as we take on these challenges.

### Other comments:

I grew up eating mostly highly-processed foods. It took me many years to educate myself about what good food is and what a difference it makes on so many levels. I tried new foods and found the massive difference in food that was organic and local. I went through a process to understand why high quality foods matter and I love sharing great food with others. I love going to the Whole Foods Co-op and running into friends, seeing WFC staff, and checking out new food items. When I would have crazy busy work days, the WFC Co-op saved me! I could get healthy food that made me feel great. Last thing...I rep my WFC hoodie everywhere! So many people ask if I work at WFC and I smile & say, "No I just love my Co-op."



### BOARD OF DIRECTORS CANDIDATE

## Sarah Kate Erickson

#### Please provide a brief statement of introduction/ bio

Sarah Kate Erickson (she/her) is an educator, exhibit developer, grant writer and non-profit administrator. She has worked around the country for nature centers, schools and museum spaces. Sarah earned a B.A. in Biology from Smith College and a Masters in Environmental Education from the University of Minnesota Duluth. Sarah has applied her academic and leadership skills toward building and delivering impactful educational programming, museum exhibits and community initiatives in the Duluth area since 2004. Her next chapter includes strengthening her leadership and management skills through study and practice in the MBA program at The College of St. Scholastica. Sarah volunteers on the WDSE/WRPT board of directors and as a volunteer exhibit developer with the Duluth Children's Museum. She lives in Duluth with her husband and two children, where she enjoys lap swimming, painting and outdoor recreation. Sarah's professional goals include nurturing inclusive, empathetic and innovative processes within non-profit organizations to improve function, quality of life and mission impact.

#### Why would you like to serve on the Board of Directors of Whole Foods Co-op?

I am interested in supporting an organization that does great work in the community - from addressing food insecurity, to investing in sustainable agriculture, to serving as a model for collaboration among community partners, the board and staff. I look forward to learning more about food systems in our region, the cooperative model, and how we can all work together to make the region a thriving and healthy place for all people. The Co-op is an incredible hub for more than just delicious food. It is a gathering place, an educational resource, and an employer of local talent. It is an exciting prospect to be a part of encouraging this important work as a board member.

#### Describe any volunteer or paid experiences relevant to your service as a Co-op Board member. What skills or experience will you bring to this Board?

I currently serve on the WDSE/WRPT board of directors, previously served on the Minnesota Association for Environmental Education board of directors and have experience reporting to a non-profit board of directors at Great Lakes Aquarium. As an educator, manager and non-profit administrator, I bring a host of community connections, experience in building relationships with the public and a team, and an interest in learning about the Co-op business model to the board. I have experience with budgeting, strategic planning, personnel evaluation and project management. As the parent of a child with food allergies, I understand the challenge of finding foods with simple and clearly labeled ingredients that are safe and delicious to eat.

#### What opportunities and challenges do you see in the future for Whole Foods Co-op?

There are opportunities in any business or organization to improve systems and reach. The Co-op can continue to support equitable food access, be a role model for employee and owner engagement, and grow the customer base. Some of the challenges that face the Co-op are lower price points at other retailers, community perception of value and investing strategically in products and services to benefit the business, vendors and consumers.

#### Other comments:

I am proud to be a Co-op owner and support the values the organization upholds. I am also proud of the way that the Co-op shows up in the community.





# GIVE!

We couldn't do this without our shoppers ... thank you! We're excited to invite our owners to help choose our 2022 GIVE Non-Profit Support Program recipients. **Co-op Owners can see the finalists and cast their vote at [wholefoods.coop/vote](https://wholefoods.coop/vote).**

Harley Nature Center was our May 2021 Non-Profit Recipient and our shoppers raised \$5,400 for the organization. *Photo provided by Harley Nature Center*

[wholefoods.coop/vote](https://wholefoods.coop/vote) • Thursday, October 1 – Thursday, October 21

## Abandoned Equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgement that in Fiscal Year 2021 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, 2021) 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 a GIVE 2022 non-profit runner-up.

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|----------------------|-----------------------|-----------------------|------------------------|----------------------|-----------------------|---------------------|
| Alami, Othmane       | Carlson, Andrew D.    | Hanson, Corey A.      | Klinga, Kurt S.        | Mcnamee, David M     | Pearson, Antoinette J | Teaters, Bryan      |
| Amren, John L.       | Carlson, Lee O.       | Haskins, Katrina      | Klingbeil, Zaundia Z.  | Michalski, Edith M   | Peterson, James A.    | Tengwall, Taylor N. |
| Anderson, Rosita L   | Carpenter, James      | Hawpetoss, Debra      | Knutson, Traci T.      | Mickelson, Robert J. | Peterson, Trevor W.   | Terch, Chad M.      |
| Augustyn, Kristen    | Chellew, Robert       | Hermans, Judith R.    | Koivisto, Amy L.       | Porter, Wade A       | Propp, Elizabeth M.   | Tofte, Joseph P.    |
| Bae, Jun Hyun        | Citarella, Andrew T   | Hoffman, Claire E.    | Lee, Jack              | Milleon, Donald      | Randall, Kristin A    | Treacle, Lawrence   |
| Baldus, Erika        | Collins, Jim D.       | Horton, Charles P.    | Lensing, Elizabeth M.  | Morrison, Kim J.     | Redetke, Mikosa K     | Turenne, Marcia C.  |
| Baxter, Katherine A  | Cowardin, David L.    | Hudson, Stanley       | Lindberg, Patricia E   | Morton, Miranda      | Reitz, Andrew         | Tyler, Dawn         |
| Bergstedt, David     | Cvek, Steven J.       | Hwang, Merose         | Lindholm, Victoria     | Muhammad, Arzie      | Rember, Willie        | Tyler, Mary Jo      |
| Biswell, Benjamin E. | Davis, Jena Jb        | Inglebret, Ella       | Lindquist, Kimberly S. | Arif M               | Saethre, Jordan       | Unseth, Jordan J    |
| Blackford, Richard   | Erickson, Tammy A.    | Irving, Sherri        | Liukkonen, Diane L.    | Mujteba, Samaira Q.  | Sato, Carolyn         | Wagner, Jean M.     |
| Bodner, Kathleen     | Fechtelkotter, Joan M | Jacobson, Rhonda R.   | Lukanich, Catherine    | Nebelsick, Aletha    | Schrader, Jayme       | Wiken, Michael      |
| Bowyer, Austin Leigh | Gaeta, Jill M         | James, Leland         | Lundgren, Theresa R.   | Nelson, Alisa J.     | Sher, Betty Daiches   | Williams, Jan R     |
| Brettingen, Jay      | Gallagher, Celeste Y. | Keeney, Amanda R      | Lynn-Holbeck, Heidi    | Nelson, Charissa M   | Smith, Lanae J        | Williams, Lynn D.   |
| Brewer, James E.     | Gorham, Leslie C      | Kershner, Jessica L.  | Martin Jr, Michael D   | Nix, Amanda L.       | Stauffer, Sabrina L.  | Zoglauer, Diane     |
| Brickley, Mark J.    | Grace, Erin C         | Kidd, Neena Anne      | Mcadam, Molly J        | Ocel, Peggy          | Strom, April R        |                     |
| Bulow, Craig A.      | Haltar, Lindsay Marie | Kilen, Lindee J       | Mccoy, Amy             | Palm, Katheryn M.    | Swierc, Damian B.     |                     |
| Cameron, Theresa     | Hansen, Levi          | Kitterman, Jeanine G. | Mccue, Madeline C.     | Paploris, Mary H     |                       |                     |

# 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 • 7am-9pm

### Holiday Hours

Thanksgiving: 7am-2pm  
Christmas Eve: 7am-5pm  
Christmas Day: Closed  
New Year's Eve: 7am-7pm  
New Year's Day: 9am-9pm

# 12,146

## Co-op Owners

Become a Co-op  
Owner member today!

You'll get exclusive monthly  
coupons, discounts at 50+ local  
businesses and more. Learn more:  
[wholefoods.coop/ownership](http://wholefoods.coop/ownership)

Join our email list to learn  
about new deals & coupons.

Sign up at [wholefoods.coop/newsletter](http://wholefoods.coop/newsletter)

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

### How to log in:

Elector ID = Owner Number

Password = Your Last Name  
(Primary Owner)

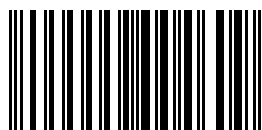
See your log-in  
information below!

PRSR STD  
U.S. POSTAGE  
**PAID**  
DULUTH, MN  
PERMIT NO. 1003

OCTOBER

**\$5**  
**OFF**  
YOUR \$25 SHOP

Deal valid at both Whole Foods Co-op locations;  
for in-store use only. Deals for Owners only.  
No rainchecks. May not be applied to special orders.  
No cash value. Valid October 1-31, 2021.

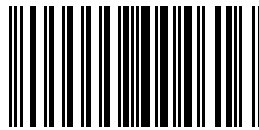


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NOVEMBER

**\$5**  
**OFF**  
YOUR \$25 SHOP

Deal valid at both Whole Foods Co-op locations;  
for in-store use only. Deals for Owners only.  
No rainchecks. May not be applied to special orders.  
No cash value. Valid November 1-30, 2021.



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DECEMBER

**\$5**  
**OFF**  
YOUR \$25 SHOP

Deal valid at both Whole Foods Co-op locations;  
for in-store use only. Deals for Owners only.  
No rainchecks. May not be applied to special orders.  
No cash value. Valid December 1-31, 2021.



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