

WHOLE FOODS CO-OP  
garbanzo  
gazette

FALL 2022

Gather with your fellow  
Co-op Owners; join us  
in person for the 2022  
Annual Owner Meeting!

PAGE 5

Learn about local  
organic apple orchards  
in the northland.

PAGES 8-9

Take an  
in-person  
Co-op  
Class  
this fall!

PAGE 11

Gather





**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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and Peter Karsh

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**CONTENT IDEAS?**

Submissions must be received one month prior to production.

The next content deadline is:  
November 15, 2022

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



CASDA (Center Against Sexual & Domestic Abuse) + Grow Local Food Fund are the GIVE! Round Up recipients for October 2022. PAGE 7

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**Sarah Hannigan**  
General Manager

# Together At Last

**O**n a bright and warm day this summer, our Marketing Manager, Marci, and I sat down in the dark, cool quiet of the Clyde Event Center to plan some of the details of our upcoming Annual Owner Meeting. Early in the day, the space was empty, almost cavernous. And still, I could feel excitement; dreaming in to the planning for an in-person gathering, I could feel energy. I could see the reunion of old friends, the making of new friends. I could hear the celebratory toast of another year for our Co-op.

That's right. We're gathering! Together! In real life! It has been a long time, and we are ready.

The Annual Owner Meeting is a time that is dear to our Co-op and our Owners. We share food, we celebrate the business, and all the people who make it possible. If you've attended one of these events, you know the sweetness of a meal shared with Co-op family and friends. And if you're new to the Co-op, or haven't yet made it to an Owner Meeting, join us. The meeting always proves to be a showing of passion for and dedication to the Co-op.



2018 Annual Owner Meeting

**“That’s right. We’re gathering! Together! In real life! It has been a long time, and we are ready.”**

Dedication to and passion for our Co-op can also be found in the election guide in the pages ahead. You'll find a solid slate of candidates for the Co-op's Board of Directors. It's exciting to see such interest in leadership service, and to see the diverse experience candidates will bring to the Co-op. As a governing body, the Board of Directors plays a vital role in setting the tone and direction of our cooperative. Be sure to vote!

In addition to choosing Directors, we're seeking Owner input on the 2023 recipients for the GIVE! Non-Profit

Support Program. Through the year we often get feedback from shoppers about the participating organizations – the election is a time for you to weigh in and share support for the organizations and activities that best match your interests. A final list of GIVE! applicants will be on the ballot for your consideration.

Tucked inside this issue of the *Garbanzo Gazette* you'll also find our Annual Report highlighting the Co-op's accomplishments

from the most recent fiscal year ending June 30, 2022. Another year of expected challenge, and too, a year of accomplishment and continued forward direction. Highlights from the report will be presented at the Annual Owner Meeting.

If an Annual Meeting and the election weren't enough, this is also the month that we celebrate and honor the cooperative nature of our business. October is Co-op Month, an annual celebration across the United States for more than half a century. We stand with thousands of other co-ops representing millions of member-owners and billions in annual revenues, reflecting on shared principles and celebrating the value of belonging to a cooperative.

I hope you find value in belonging to this cooperative – it's no small thing to own a business with over 12,500 of your neighbors! I look forward to celebrating with you ahead. 🥕

*With gratitude,*  
Sarah Hannigan, General Manager  
sarah@wholefoods.coop



**Maria Isley & Robin Pestalozzi**  
Ad hoc Policy Review Committee of the Board of Directors

# Project of Policy

**W**hat is Policy Governance and how do we practice it? Policy Governance (or Carver

governance) is an approach that the Whole Foods Co-op (WFC) Board uses to strengthen our values, vision, and strategy. Effective leadership requires a policy governance board to monitor the performance of the organization according to its policies by delegating authority to one person, the General Manager, and the Board monitors the performance of the Co-op according to these policies. This ensures a structure of transparency and accountability for the Co-op.

Throughout the year, these policies are monitored and reviewed by the Board and the General Manager using “reasonable interpretation.” These interpretations are not necessarily personal, but with the mindset that the Board finds the interpretation reasonable. The Board must ask ourselves: was the General Manager’s interpretation of this policy reasonable and is there data that supports these interpretations? This is where it’s necessary for the Board to “speak with one voice.”

We are acting on behalf of 12,500+ Owners to uphold policies to safeguard the legal and healthy operations of Whole Foods Co-op.

**What are our policies?** WFC’s policies influence and set direction while guiding the decision-making process using four major categories of policies: The ENDS, Executive Limitations, Board Process, and Board-Management relationship. Under these categories, the Board reviews financial condition, customer experience, staff treatment, directors’ roles and code of conduct, accountability, and evaluation of the General Manager. It is a very comprehensive course of action toward WFC’s strategies and objectives.

This year, the Board formed an ad hoc committee to review and update our current policies, last done in 2014.

**What are some changes that will be seen in the 2022 revision?**

Three significant updates will be seen in our revised policies:

- ▶ Commitment to anti-oppression, equity, and inclusion that include expectations for how a General Manager runs the business, and for how the Board looks at its own work.
- ▶ Changes in how the Co-op Board can approach planning besides business planning and financial projections; it also includes aspirational language around the spirit and purpose in which we think about planning and its influence on outcomes.
- ▶ Focus on the relationships between everyone at the Co-op: the Board, the GM, the staff, Owners, and the customers.

**Why now?** As with most things in life, it’s always good to evaluate where we have been and where we are headed. The pandemic brought challenging day-to-day operations

**“As with most things in life, it’s always good to evaluate where we have been and where we are headed.”**

and highlighted the need for updated policies for a strong and healthy future for Whole Foods Co-op. Reviewing our policies on a regular basis offers the opportunity for the Board to take the time to pause and have intentional conversations about how we want our policies to support the efforts to avoid unacceptable action and situations while producing benefit and value, to achieve a successful and thriving Co-op in our community. 🌱

**WFC Board of Directors**



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



**EMILY KUENSTLER**  
Vice President  
Term expires 2022  
ekuenstler@wholefoods.coop



**HOLLY WOLFE**  
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Term expires 2023  
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**LEANN LITTLEWOLF**  
Term expires 2024  
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**ROBIN PESTALOZZI**  
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**SARAH ERICKSON**  
Term expires 2024  
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**Board Meetings**

If you have an item for discussion at Board meetings, please submit your item in writing by the first Friday of the month requesting the Board’s consideration.

Board meetings are at 5:30pm on the 4th Monday of every month, subject to change due to holidays and Co-op events.

# Join Us in Person for the 2022 Annual Owner Meeting

**THURSDAY, OCTOBER 27TH • 5–7:30PM**

📍 Clyde Iron Works Event Center, Duluth, MN



All Whole Foods Co-op Owners are invited to attend the 2022 Annual Owner Meeting! Owners that wish to attend must pre-register to ensure adequate

seating and meals. Owners may bring additional guests and/or children. Please include the total number of people attending when you register.

## AGENDA

**5:00 – 5:30pm:** Social Time + Live Music

**5:30 – 6:30pm:** Dinner + Live Music

**6:30 – 7pm:** Business Meeting

- ▶ State of the Co-op Reports from Management and Board
- ▶ Remarks for the Good and Welfare of the Co-op
- ▶ Board of Directors Election Results
- ▶ 2023 GIVE! Recipients

**7:15pm:** Prizes (*must be present to win*)

## Register by October 13

**\$25 Per Adult; \$5 Per Child (12 & under)**

Owners will receive their ticket cost back as a \$25 Co-op gift card upon arrival to the meeting. If you plan to attend the meeting portion only, there is no payment required.

### Registration and Payment Accepted:

- ▶ **Online:** [wholefoods.coop/annualmeeting](https://wholefoods.coop/annualmeeting)
- ▶ **In person:** Hillside and Denfeld Customer Service Counters
- ▶ **By phone:** 218.728.0884, press 1. Please have your credit or debit card ready.

## MENU

### Traditional Style Mexican Taco and Enchilada Bar

Beef, shredded chicken, and black bean tacos seasoned with our chef's blend of spices and chicken enchiladas. Served with crisp corn and soft flour tortillas. Taco bar is complete with classic sides of fresh crisp tortilla chips, Mexican red rice, slow cooked refried beans, and fajita vegetables.

Toppings include: shredded taco cheese, house recipe salsa, black olives, pico de gallo, diced tomato and onion, sour cream, and fresh-made guacamole and queso.

# Whole Foods Co-op History

## BECOMING A GOOD NEIGHBOR, COMMUNITY MEMBER, AND TRUSTED GROCER

By André LeTendre-Wilcox, *Education & Outreach Coordinator*

The coming of October brings many things to mind in Minnesota. In good years we hope for a plentiful harvest filled with colorful fruits and vegetables, miles of corn mazes, and pumpkins as far as the eye can see. October is also a time when we take a moment to remember the history of where much of that produce was grown and sold; it's Co-op Month! Co-op Month has been a nationally recognized celebration since 1964, when U.S. Secretary of Agriculture Orville Freeman, a former Minnesota governor, proclaimed October Co-op Month.

The year is 1970, gas prices are 38¢ per gallon, bread was 25¢ a loaf, and a dozen eggs would dent the wallet at about 62¢ per dozen. Times were groovy! The bell bottoms were huge, wicker was cool, and Jackson 5 was on the transistor radio.

Twin Ports grocery stores were not quite as gastronomically sophisticated as they are today. Names like Taran's Market Place (now At Sara's Table Chester Creek Cafe), Tony's Market, and Plet's Grocery, to name a few, were the hometown, conventional grocery options that dotted the street corners of Duluth neighborhoods. During this period, the need and want for whole foods and organic options were limited. That is when a group of twenty ambitious

friends got together to lay the foundation for a buying club to order and share products.

This was not the first time the Twin Ports had a co-op styled business model. A similar story occurred

in the community in 1917 when representatives of the Finnish Consumer's Cooperatives met in the bustling city of Superior, WI. This meeting would eventually become the Co-operative Central Exchange (CCE).

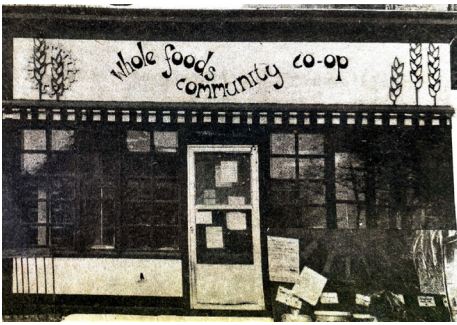
One of these buildings that housed the CCE can still be seen at the intersection of Tower and Belknap in Downtown Superior, WI. That story is for a different day, but the roots of Whole Foods Co-op are deep, and the fruits of its labors have been spreading throughout the community to nurture new things to grow for over five decades.



The "Chester Creek House," 13th Avenue East and 2nd Street

### Whole Foods Co-op Takes Root at Chester Creek House

The "Chester Creek House" was purchased and served as a "community house" for people to share the expenses of living and give support to one another. Children at the time, now adults have shared memories of "burnt granola experiments, macrame, sand candles in the shape of peace signs, and raiding the date bins in the first days of the Co-op." Volunteers would make trips to the Twin Cities to pick up goods for the buying club in their personal cars, others would stock items at the house for purchase. Shopping in bulk was a new concept for some at the time. New folks would be taught how to fill bags with bulk items and weigh them – and legend has it that the early days included an honor system! In 1972 the buyers' club moved to 901 East 7th Street and then again that same year to 24 West 5th Street.



631 East 8th Street, 1973–1993



1332 East 4th Street, 1993–2005



610 East 4th Street, 2005–Present

The Co-op has made a few physical moves throughout the years but made many more important strides in becoming a good neighbor, community member, and trusted grocer; some of these include being LEED certified in 2006 and becoming a Certified Organic Retailer in 2007. What often sets the Co-op apart is the ability to make lemonade out of lemons, organic lemons of course! The “Great Flood of 2012” which caused severe damage throughout the community took out the retaining wall and a portion of the parking lot at the Hillside location. This destruction paved the way for growth, with the addition of the open-air Brewery Creek Overlook seating area. But the real growth was not visible to those who just drove by, the real growth at the Co-op was through community outreach.

The Co-op has kept the ideals of those twenty groovy kids in its heart and actions through the years! The real history of Whole Foods Co-op is not the buildings that housed it or the brand of flour in the bulk bin. It is the people who reach out a little farther every year to extend a hand to someone new in the community. A little less than ten years ago in 2015, the Co-op donated 10¢ for every reusable shopping bag that came through the checkout to CHUM. All of these dimes added up to \$4,922. That early program grew and in 2017 became GIVE! (Round-up) Non-profit Support Program which raised over \$9,000 in the first year. The GIVE! program expanded in 2021 to include the Grow Local Food Fund (GLFF), a grant program that local food producers and farmers in our bioregion can apply for each year. In its first full year, the GIVE! Non-profit Support Program and GLFF raised a staggering \$116,176 for people and organizations in the community and has cumulatively raised over a half million dollars to date!

Every couple of years we take the time to reflect on how far the Co-op has come from its humble beginning at the Chester Creek House. We talk about moves and physical improvements. But the real story of the Co-op is and has always been the people. So, let’s all take a moment to thank those twenty far-out thinkers in 1970 that started this **Whole** thing about **Foods** and laid the groundwork for the **Co-op!** From 1970 to today we have been fortunate enough to serve the neighborhood folks who make daily stops, the Owners from up north who place monthly bulk orders, the college students who stop in to get some snacks right before class, the tourists who just cannot seem to get enough Rustic Inn Pie, and you, the people who are always doing your best to be a benefit to the community and the Co-op. Thank you for being part of Whole Foods Co-op’s history – we are excited for what’s to come and to be part of our community’s future. 🥕



Interior of 1332 East 4th Street location



The “Great Flood of 2012,” destroyed a portion of the parking lot at the Whole Foods Co-op Hillside store.



# How Do You Like These Apples?

## NORTHLAND APPLES, CIDER, AND A NEW APPLE VARIETY

By Jennifer Gilbertson, *Education & Outreach Coordinator*

**A**utumn is all about local apple season. It's when we get to experience fresh, crisp, sweet, and tart apples, just perfect for baking or snacking, along with locally pressed apple ciders from northland orchards!

Northern Minnesota and Wisconsin have one of the best climates for growing apples. Even though apple trees can grow in almost any hardiness zone, apples grow best in climates where it's moderate in summer with medium to high humidity and cold in winter. In fact, apple trees need cold weather (referred to as chill hours) to properly bud and flower to produce fruit.

We are lucky to have multiple local orchards in the northland. Many of them supply the Co-op with apples, such as Paul's Memorial Orchard in Two Harbors, MN, and Dixon's Orchard in Cadott, WI. Other orchards, like North Wind Organic Farm, produce delicious, locally pressed apple ciders!



North Wind Farm, Bayfield, WI



Tom Galazen and Ann Rosenquist of North Wind Organic Farm make their delicious cider in their dedicated on-farm facility, located near Bayfield, WI. Tom and Ann's goal has always been to grow nutrient-dense, chemical-free fruits and veggies for local and area consumption while respecting and enhancing the environment. Tom told us, "We press our apple cider because it is an excellent use for excess and/or cosmetically blemished apples and is a tasty and sought-after product. We like to offer our cider in canned quart jars because they are a safe, toxic-free container that can be returned or reused many times, thus saving energy, and lowering environmental impact."

◀ Find North Wind Farm Organic Apple Cider at Whole Foods Co-op!

Another environmental aspect important to Tom and Ann is for their crops to be produced in accordance with organic requirements. Tom said, "No artificial fertilizers or chemical sprays are used on our crops. We avoid plastics like the plague and our farm has been off the grid since the 1980s, using only solar and wind for power. Environmental and climate impact constantly factor into our practices." In fact, that is what they feel is one of their primary difficulties; to continue growing food in an ever-changing and warming climate.



Tom and Ann of North Wind Organic Farm





Apple harvest at North Wind Organic Farm

**Northern Minnesota and Wisconsin have one of the best climates for growing apples.**

New to the challenge of growing apples in our changing northern climate, but not new to the concept of growing delicious food without the use of artificial chemicals, is Northern Harvest Farm!

Many of our Owners are familiar with Northern Harvest Farm, based in Wrenshall, MN. They've been supplying organic produce like kale, lettuce, cucumbers, beets, cabbage, cilantro, parsley, squash, zucchini, and most beloved, carrots to Whole Foods Co-op since 2005. In 2015 they "branched" out and began planting apple trees.

Rick Dalen, owner and operator of Northern Harvest had this to tell us, "We started with a fairly wide variety of cultivars, but over time narrowed our focus to varieties which have proven themselves in our northern climate. This year will be our first significant apple harvest. Some of the varieties available this year and in years to come will include Honeycrisp, Sweet 16, First Kiss, Triumph, Liberty, Frostbite, Snowsweet, and the Duluth Pink, a brand-new apple variety that will be available at the Co-op through our farm."



The Duluth Pink was created by grafting scionwood, aka, twigs from an established tree, and in this case an unknown variety of apple tree. The Duluth Pink apple has a fun background story.

While Rick was pressing cider with friend Paul Steklenski (a.k.a. Cider Man), Paul exclaimed, "Rick, look at these apples, aren't they pretty!?" and he agreed they were – they had a wonderful flavor and a vibrant, slightly pink color. While neither knew what kind of apples they were, Paul knew where he had picked the apples and Rick got permission to collect some scionwood. With the help of Adam Kemp, owner and operator of Uff-da Organics, based in Wrenshall, MN., they grafted some trees and planted them in the orchard. "We tried and tried to find out what the variety was, without success", Rick said, "so in the end, we decided to call it Duluth Pink. This year we will have our first Duluth Pink from our trees." Very exciting news!

So, whether it's a delicious, locally pressed apple cider produced with an eye to a low environmental impact, or a great new variety of locally-grown organic apple from one of our long-term produce providers, you'll find an abundance of local apple love at Whole Foods Co-op! 🍏

Erik, Rick, Clara, and Claire of Northern Harvest Farm



Apple orchard at Northern Harvest Farm



# GIVE! November Non-Profit

## AMERICAN INDIAN COMMUNITY HOUSING ORGANIZATION (AICHO)



Urban gardening and food distribution are part of AICHO's food sovereignty initiative to reclaim healthy and Indigenous foods.

Established in 1993, the American Indian Community Housing Organization (AICHO) has operated successful programming including emergency shelter, supportive housing, and community support services. AICHO's mission is to honor the resiliency of Indigenous people by strengthening communities and centering Indigenous values in all aspects of their work.



### Noojimoyang "As We, All of Us, Heal."

Monday October 17 • 5pm – 8pm • Speaker: Suzanne Koepplinger  
Dr. Powless Cultural Center, 212 W 2nd Street, Duluth, MN

AICHO has been working with St. Louis County Public Health on pandemic recovery initiatives and ways to improve ongoing healthcare access with Indigenous communities. Beginning in October, AICHO will host a three part Indigenous Health Series via Zoom with community leaders and respected cultural teachers. To close out the series AICHO will be hosting Noojimoyan "As We, All of Us, Heal." on October 17th with Keynote Speaker Suzanne Koepplinger the founder of Catalyst North Consulting. This event will include engaging dialogue about root issues, current challenges, and insights on possible solutions that create greater health in Indigenous Communities. Keep an eye out for more information on AICHO's Facebook page and website, [aicho.org](http://aicho.org)!



## NON-PROFIT SUPPORT PROGRAM

### OCTOBER

#### Center Against Sexual & Domestic Abuse, Inc. (CASDA)

Providing comprehensive help to victims and survivors of domestic violence, sexual assault, and child abuse. Based in Superior, Wisconsin.

### DECEMBER

#### Animal Allies Humane Society

Improving the well-being of animals in Duluth and surrounding communities through education, adoption, and spay/neuter programs. GIVE! funds will be used to stock local food shelves with pet food and supplies.



Photo courtesy Animal Allies Humane Society



Shopper round-up donations are split 50/50 to benefit our Non-profit Support Program and Grow Local Food Fund.

## WELLNESS AISLE: *What is Vitamin D3 and What is its Function in the Body?*

By Peter Karsh, *Hillside Wellness Coordinator*



The group term Vitamin D refers to "Calciferol." There are two main forms of Vitamin D that are relevant for human health: Vitamin D2, or ergocalciferol, and the form we see most often in supplements, Vitamin D3, Cholecalciferol. Both vitamin D2 and Vitamin D3 are absorbed by

the body through the small intestine and metabolized by the liver and kidneys.

The human body naturally produces Vitamin D in the skin though the exposure of bare skin to sunlight, however this can be impacted by factors such as weather, age, and time of year. Cholecalciferol (Vitamin D3) is a fat-soluble vitamin that the human body needs to retrieve sufficient calcium from dietary sources. Without enough calcium the body can be susceptible to diseases like Rickets in children or Osteomalacia in adults, both diseases are characterized by a softening of the bones. Vitamin D is also important for healthy muscle function and for good immune health.

Not many foods contain Vitamin D, exceptions being Cod Liver, Sardines, and some foods such as most cow's milk and many plant milks fortified with Vitamin D. On a Vitamin D3 supplement label you may see "IU," e.g. 400 IU. "IU" is a measurement that the National Cancer Institute defines, "For each substance there is an international agreement on the biological effect that is expected for 1 IU. Also called 'International

Unit.'" The National Institutes of Health (NIH) provides recommendations for daily intake in IU and micrograms for children and adults of varying ages. Read more about those recommendations online at: [nih.gov/factsheets](https://www.nih.gov/factsheets). 🌱

► Find a variety of Vitamin D supplements in the wellness aisles at Whole Foods Co-op!

**BUY ONE GET ONE  
50% OFF**



**Natural  
Factors  
Vitamin D3  
Softgels**

selected varieties

**October 1-31**

## Abandoned Equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgement that in Fiscal Year 2022 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, 2022) 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 Memorial Matching Fund.

Aldridge, Jeanna Kay  
Ashworth, Cleo B.  
Baldassi, Susan L.  
Bercier, Mitchell J.  
Bigler, Jennifer J.  
Bisogno, Samantha  
Bluestone, Jamie R.  
Boswell, Jodi  
Botten, Kathie J.  
Bovee, Matthew J.  
Brown, Heather K.  
Bushey, Barbara  
Carriveau, Nancy E.  
Clark, Shawn D.  
Davis, Emily L.  
Depover, Joy D.  
Devich, Belinda  
Diedrich, Lindsay M.

Drawe, Claire  
Eklund, Christian H.  
Enos, Kim  
Erickson, Amy Marie  
Erickson, Melissa S.  
Fine, Terra A.  
Flemmen, Elizabeth  
Flike, Andrea E.  
Foster, Gary E.  
Gagne, James L.  
Gordon, Amy B.  
Granger, Nicole C.  
Gunsolus, Laurelei  
Gustafson, Patricia L.  
Haldeman, Vi  
Hanlon, Carter A.  
Hanson-Love, Beth A.  
Hennings, Benjamin E.

Hill, Gail  
Horvat, Judy  
Human, Justan Other  
Jackson, Michael M.  
Johnson, Dale M.  
Keast, Andrea M.  
King, Faith V.  
Kreutzer, Billi Jo  
Krzewinski, Adam J.  
Lane, Marjorie  
Larson, Aaron R.  
Latscher, Peter  
Lehtinen, Heather  
Lempi, Deanna  
Leneau, Leanne M.  
Lesner, Michael W.  
Lewis, Jacob W.  
Link, Adam

Loeks, Samantha  
Macioce, Anthony  
Macvey, Gordon  
Malkovich, Lucily Diola  
Mansfield, Erin L.  
Means, Robert E. S.  
Mell, Sarah Ellen  
Meyerhoff, Eli  
Missinne, Robert  
Mohammad, Ismail  
Moore, Andy  
Naalsund, Justine  
Nelson, Scott W.  
Nielson, Sheila M.  
Nordick, Jennifer L.  
Nynas, Daniel  
Ojala, Jodi  
Pearson, Francis

Percival, Garrick L.  
Petite, Justin S.  
Plaster, Troy  
Prosen, Kelly Marie  
Rainwater, John R.  
Reilein, Sarah A.  
Riebe, Angela M.  
Roberts, Kathleen  
Rogers, Jennifer J.  
Romenesko, Blake M.  
Schubert, Angela D.  
Scott, Monique M.  
Seashore, Derek  
Sellars, Gerald L.  
Shopa, Kathy Jo  
Sinclair, Kirsty A.  
Smith, Cathy J.  
Smith, Roberta J.

Snarski, Virginia  
Soderberg, Amy B.  
Solmonson, Laura  
Sorensen, Elaine  
Steffen, Charles  
Swank, Dorothy M.  
Terrill, Doris K.  
Tucker, Janean  
Turner, Kathleen D.  
White, Breann R.  
Wilson, Cynthis S.  
Wilson, Linda Kay  
Wing, Michael S.  
Yoki, Allyson  
Young, Dena E.  
Zobel, Khalea

## Fall Co-op Classes

You'll notice our fall class schedule includes some on-going virtual favorites and some new in-person offerings. We're excited for future collaborations, class development possibilities, and trying some new things in our curriculum for the New Year!



### Cajitalia

*Chef Arlene Coco*

Thursday, November 10 • 6 – 9pm • Location to be announced

\$45. WFC Owners will receive a \$10 Co-op gift card at the class. Limit 16. Registration required.

In this class Chef Coco marries her two favorite cuisines, Cajun and Italian. New Orleans has deep roots in Italian food and culture and the influence produces delicious dishes! Learn about combining the two cuisines and collect delicious recipes for your next gathering. This class starts with a lesson on making tasty Arancini, served with a zesty remoulade sauce. Arancini is a traditional Italian appetizer but in Chef Coco's take, made with crawfish and Cajun spices to add some Cajun flair. Other recipes will include: Creole Eggplant Polenta Parmesan, Pastalaya and a Biscotti featuring figs and pecans.



### Welcome André!

This fall we're happy to announce our new Education & Outreach Coordinator, André LeTendre-Wilcox! André comes into the position with an excellent range of skills and new energy to propel our Co-op Classes and community engagement into the future.

## ONGOING MONTHLY CLASSES

### Qigong

*Rebecca James-Alsum*

1<sup>st</sup> Tuesdays • 7 – 8pm

October 4, November 1, December 6

Virtual • FREE

### Herbalism for Beginners

*Stacey Quade*

2<sup>nd</sup> Tuesdays • 6 – 8pm

October 11, November 8, December 13

February 14, March 14, April 11, May 9, June 13

Denfeld Classroom • Limit 20

\$15. Owners will receive a \$5 Co-op gift card.

### Let's Do SunDo

*Kim Hedegaard of*

*Body Awareness Therapeutic Massage*

3<sup>rd</sup> Tuesdays • 6 – 7:30pm

October 18, November 15, December 20

Virtual • FREE

### Slow Flow Yoga

*Aubrey DeBettignies*

3<sup>rd</sup> Thursdays • 5:30 – 6:30pm

October 20, November 17, December 15

Denfeld Classroom • Limit 10

\$15. Owners will receive a \$5 Co-op gift card.



### Tapping for Health

*Michelle Russell, CHHP, CHTP, CEFTP*

Thursday, October 25 • 5:30 – 7pm • Denfeld Classroom

\$15. WFC Owners will receive a \$5 Co-op gift card at the class.

Limit 20. Registration required.

In this class we will learn about the positive health benefits of a simple and effective stress relief technique called EFT (Emotional Freedom Techniques) also known as Tapping. Participants will have an opportunity to experience this technique and learn how they can use it in their own daily practices.



## OCTOBER

### Zero Waste Living

*April Hepokoski*

Thursday, October 6 • 6 – 7:30pm

Denfeld Classroom • Limit 20

\$15. Owners will receive a \$5 Co-op gift card.

### The Power of Decision

*Inge Maskun*

Saturday, October 8 • 10 – 11:30am

Virtual • FREE

### Stress and Your Health

*Michelle Russell, CHHP, CHTP, CEFTP*

Wednesday, October 26 • 5:30 – 7pm

Denfeld Classroom • Limit 20

\$15. Owners will receive a \$5 Co-op gift card.

## NOVEMBER

### Tapping for Health

*Michelle Russell, CHHP, CHTP, CEFTP*

Saturday, November 3 • 5:30 – 7pm

Denfeld Classroom • Limit 20

\$15. Owners will receive a \$5 Co-op gift card.

### Cajitalia

*Chef Arlene Coco*

Thursday, November 10 • 3:30 – 9pm

Location to be announced

\$45. Owners will receive a \$10 Co-op gift card.

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

## Registration:

Visit [wholefoods.coop/classes](https://www.wholefoods.coop/classes) for detailed class descriptions and registration information. Registration is required for all Co-op classes.

2023 WHOLE FOODS CO-OP

# Election Guide

**Help shape our Co-op and the community in a big way.** Highlights on the ballot include candidates for the Whole Foods Co-op Board of Directors and an opportunity to select GIVE! Round Up recipients for 2023. Cast your vote and play a role in guiding Co-op leadership and our impact on the community – it really makes a difference!

**wholefoods.coop/vote • Saturday, October 1 – Sunday, October 23**

*Those without internet or computer access can request a paper ballot at our customer service desk.*



**BOARD OF DIRECTORS CANDIDATE**

## Diane Desotelle

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

I have lived in Duluth since 1998 and joined the WFC around 1999. I have a professional background in agricultural engineering (soil and water) and water resource management and have worked in the public and private sector preserving, restoring, monitoring and maintaining natural resources for over 30 years. I have also taught at the middle, high school, and college levels. I have been a part of The Food Farm CSA for over 20 years as well. I have taught and practiced sustainable living and communities and know that our natural environment has a value to our health and well being that we have yet to understand and work into our economic assessments. I am volunteering with Stepping on Up through CHUM with goals to provide housing for low income/homeless people in our community and have learned much about the importance of understanding their needs for housing and food for they are a part of our community; we are all in this together. I believe in a more just society and hope WFC can serve all sectors of income to provide affordable, local, healthy produce.

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

I want to spend more time giving back to groups/entities that I have been a member of and I think my skills in planning, lobbying, government, and love of gardening can provide some level of insight to issues and concerns as WFC works to implement their strategic plan.

### **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 work in planning for clean water, ecological diversity and implementing projects to restore impacted areas and preserve high quality areas. Grant writing and management on the state and federal level. Work with the Fond du Lac Band of Lake Superior Chippewa on various projects and learning their decision-making processes. I have worked for the State of Minnesota and City of Duluth and have an understanding of ordinance language and

development, rules and regulations, and the importance of public input and good governance.

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

Providing affordable healthy food to low income sectors and eliminating food deserts. Reducing the number of errors that occur at the checkout. Educating the public on why membership is important and staying competitive with companies such as Costco, Cub, and Aldi.

### **Other Comments:**

If I am selected to serve on the WFC Board, I will do my very best to hold myself to the highest standards of commitment. I understand this means taking extra time to study issues, concerns, and reports, and to participate fully.



## BOARD OF DIRECTORS CANDIDATE

# Amber Schlater

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

Hello! My name is Amber Schlater (she/her) and I am a Duluth transplant; originally from Pittsburgh, PA, I moved to Fort Collins, CO in 2007, and then to Hamilton, ON in 2014 before settling here in Duluth's Lakeside neighborhood in 2016. Along the way, I met my best friend (now husband) and had three children. Professionally, I am an associate professor at The College of St. Scholastica, where I teach in the biology department and study comparative physiology in a broad range of models, including cells, muscles, rodents, and even seals. Personally, I am interested in doing just about anything outside with my family, including running, cycling, hiking, camping, canoeing, and our newest hobbies, skiing and snowboarding; on rainy days, we Lego (yes, "Lego" has become a verb in our family). When we're not busy playing, we enjoy food; I love to cook, and cater as best I can to the wide breadth of lifestyle choices that reside in my household (having vegan, vegetarian, and omnivore diets all under one roof keeps things interesting!). My initial attraction to Whole Foods Co-op (WFC) was actually two fold: 1) availability of a broad range of health foods, and 2) large bulk section for zero-waste/plastic-free shopping.

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

Simply stated, I love WFC. Being a part of the food co-op community is a huge privilege, and I relish every opportunity I have to walk through those doors, peruse the aisles, purchase sustainable and healthy foods, and even make charitable contributions towards social justice organizations that are meaningful to me (thanks, round-ups!). Despite my adoration for the Co-op, however, I find myself increasingly unable to be a consistent patron. Affordability has been a barrier in shopping at WFC since my family moved to

Duluth, and recent 9%+ inflation rates have only exacerbated this barrier. I am aware that affordability is a commonly shared WFC barrier in the Duluth community; to that end, it is of utmost importance to me to make the Co-op accessible to our community on a much more robust level, all the while maintaining a balanced bottom line. Doing this without compromising quality health and sustainability goals will require creative problem solving.

## 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 am extremely passionate about environmental stewardship, education, and social justice, and have a broad range of both professional and volunteer experience that collectively poise me for success as a Board member, both in content and in practice. My experience and passion as a biologist and educator brings not only a deep understanding of living systems, but also the ability to communicate effectively with a broader audience. To the latter point, I have organized and implemented several K-12 STEM outreach programs, something I got into as a graduate student in Fort Collins and have continued since moving to Duluth. Also, I am finishing up serving a full term as chair of our faculty governance at The College of Saint Scholastica; in addition to excellence and clarity in communication, this role required me to work effectively as the liaison between administration and the entire faculty body. Outside of my professional service, my personal experience raising a family while transitioning across multiple geographical regions (including a two year international experience) brings a greater breadth and depth in understanding broader approaches to healthy, sustainably, and ethically-sourced foods.

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

I think of WFC as being the overlapping center in a Venn diagram of community access, health, and wellness, and environmental sustainability. Each of these three entities faces its own unique separate challenge moving forward, but like the Venn diagram, I also see substantial overlap in opportunity for improvement; likewise, improving access to health foods by making them more affordable and reducing carbon footprints do not need to be mutually exclusive agenda items. Breaking down silos and considering the interrelated nature of challenges extends itself to growing opportunity from challenge, and working together and bringing a broad spectrum of voices to the table allows for growth necessary for continued WFC success.

## Other Comments:

Spending time at WFC is something I genuinely enjoy. Growing up, and even into early adulthood and early parenthood, I did not have reliable access to healthy, whole foods; groceries were often paid for with food stamps and/or WIC checks, and grocery shopping became a fearful, shameful, and sometimes traumatic event. While I no longer require food assistance services, those experiences have permanently shaped my relationship with food and food accessibility. I am also viscerally aware of the fact that food insecurity is a byproduct of greater societal inequities, and can present itself in the blink of an eye. To that end, the WFC's commitment to broader social and environmental justice is extremely important to me, and I am eager to engage in as a more active member of the community.



## BOARD OF DIRECTORS CANDIDATE

*Current Board Member*

# Maria Isley

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

Hello! I have lived in Northeast Minnesota pretty much my whole life. I was raised in Two Harbors, attended the College of St. Scholastica where I majored in Food Science and Marketing, and then spent a couple of years serving as an AmeriCorps VISTA. After living on the East Coast for a few years, I came back to my home base and have been in Duluth for over twenty years. I have been serving the community professionally working within the non-profit sector and as a Board member. My free time is spent cooking, gardening, hiking, reading, swimming in Lake Superior, and spoiling my two dogs.

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

I have served on the Board for four years and would like to continue my tenure by serving out my final term. I will bring experience and Board knowledge to what will be a fairly new board and have a sense of responsibility to welcome and ease them into the inner workings and strengths of a policy board. I have served on the Finance, Owner Engagement, and General Manager Evaluation committees. I am also the chair of an ad hoc Policy committee. We are reviewing policies that haven't been updated since 2014 and revising them to reflect best practices. I have also served on the Grow Local Food Fund, as part of the grant selection committee. It has been exciting to see the growth of farms – both established and new, and the number of food producers in our region. Given the opportunity to continue, I will serve to ensure that by following our ENDS, WFC continues to be a thriving consumer owner cooperative that supports, invests, and partners in creating a health community.

### 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?

As mentioned above, are the WFC Board committees that I have served on and have also attended the Cooperative

Board Leadership training and the Consumer Cooperative Management Association conference. At these training and workshops, I have learned about the cooperative business model and leadership. I continue to attend workshops where we meet, engage, and learn with co-ops from around the country. My tenure as a current Board member has been serving with a community of people that share an understanding and love of co-op practices. Together, the Board monitors the high-level policies and builds a strong working relationship with the General Manager, as she directs the operations of WFC. As a policy board, it is important that we are encouraging and monitoring the decisions about the future investment, growth, and stability of our two WFC locations. I continue to be active in the community, both professionally with my work at Minnesota Public Radio, 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?

As we have witnessed during the times of COVID, there are many opportunities and challenges that are uncertain. It's important for WFC to be flexible and nimble when there are shortages in staff and products. Certain policies during COVID showed WFC's commitment to creating a safe shopping experience for the betterment of everyone. WFC has been adaptive and continues to work towards sustaining positive changes in its business and community. WFC continues to build and strengthen its relationship and partnership with regional farmers and food distributors, along with creating a greater understanding of where food comes from and the interconnectedness that food can bring to a community.

WFC is continuing the work of being inclusive among the Board, staff, Owners, and customers. One example of fostering diverse and inclusive communities is the new practice of adding inclusive trade shelf

tags to assist shoppers in finding brands that are women, BIPOC, LGBTQIA+, and veteran-owned. WFC also continues to find ways for a variety of people to be engaged at their comfort level, from curbside and delivery shopping, taking a class, supporting a community nonprofit by rounding up, and inviting everyone to come together at the annual meetings, to even joining the board.

It's an ongoing evaluation and process for 50+ years that WFC continues to:

- ▶ Be committed to the enrichment of community development.
- ▶ Focus on local high-quality food and projects from around the region and beyond.
- ▶ Accessibility to healthy and fresh food.
- ▶ Support local, small-scale agriculture and food producers.
- ▶ Be socially responsible.

These are all the reasons (plus more) why I am a Whole Foods Co-op Owner. As a Board member, I continue to work with other Board members and the General Manager to ensure WFC's stability through its cooperative values and policies. The work of a strong Board supports the General Manager and staff as they continue to operate a strong and thriving business that nurtures the emotional, mental, spiritual, and physical health of an individual, family, and the community.

### Other Comments:

It would be an honor to continue to serve Whole Foods Co-op as a Board member. WFC has strong roots and is deeply tied to this community. I would like to continue the work to ensure its healthy future as it continues to bring vitality as a healthy and inclusive business, all while it grows in Ownership, and employment, and strengthens community engagement in the two locations.



## BOARD OF DIRECTORS CANDIDATE

*Current Board Member*

# Robin Pestalozzi

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

I feel grateful to have grown up in the Northland, spending much of my childhood exploring and playing outdoors in all that our environment offers. Duluth is a community that has taught me the value of cooperative principles to nourish the well-being of all. In college, I studied Sociology and Spanish, leading to a master's degree in Non-profit management from Regis University. In my professional life I've had the opportunity to engage with various local, statewide, and international non-profits facilitating positive social change for people and communities near and far. In my day-to-day personal life, you can find me spending time with my family—riding our bikes, gardening, hiking or skiing—depending on the season.

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

Many of my earliest memories include moments participating in cooperatives, including the Duluth based Whole Foods Co-op. I'll always remember playing in the play area as a child at the 4th Street and 14th Avenue E store location while my mom or dad shopped. These moments and experiences around whole foods have ignited a lifelong passion in me for supporting our community and nourishing locally based food options.

After serving one year as a Board member at WFC, I've had the opportunity to attend trainings and workshops in policy

governance and finance. I've served on the Cooperative Economies Committee, Finance Committee and Policy Review Committee. I'd like to build on these learning with another term as a board member and to contribute to the continued success of our 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?**

In addition to my current experience serving this past year on the Whole Foods Co-op Board of Directors, I've had the opportunity to serve on the Hawk Ridge Board of Directors for the past 7 years. My professional work with various non-profits in our community has led me to more than a decade of experience consulting in areas of strategic planning, fundraising, program development, management, and constituent engagement. These skills and experiences are transferable and something I'd like to contribute to our beloved Whole Foods Co-op community as a Board member.

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

As our community grows, there are both challenges and opportunities presented to the success of our Co-op. There are more options for consumers to access organic foods—which is an opportunity for everyone to live a healthier and more sustainable life. However, more organic

options to consumers poses a challenge to our Co-op with more competition. The opportunity we have is to promote the difference our Whole Foods Coop makes in our community with the cooperative principles and values we employ. This sets us aside from other grocers and wholesale markets. When we collectively support our Whole Foods Co-op, we are contributing and re-investing in our local economy—money and jobs that stay here. This is an opportunity that we don't necessarily see when spending our dollars elsewhere. For example, less of the revenue is ensured to stay in our local economy if we're buying from chains or large corporations headquartered outside of our city.

### **Other Comments:**

It has been an honor to serve this past year as a Whole Foods Co-op Board member. I'm passionate about the work and community of our Co-op. It's always so interesting to hear people's stories and history with Whole Foods Coop—whether they've been a member since the beginning, like my parents, or they've been an employee at the Co-op—like my partner, sister, and mother-in-law. As Owners, we all have a sense of why Whole Foods Co-op is important or has impacted our lives. I encourage you to share your love for Whole Foods Co-op as a contribution to the success and impact it has within our community!

Thank you for considering me as a candidate for another term, and if you have any questions or want to chat more on cooperative topics, please reach out to me.





## BOARD OF DIRECTORS CANDIDATE

# Scott Van Daele

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

Over the course of the past twenty three years, serving the community has guided my everyday principles in the work that I have done. From working at the City of Los Angeles's Recreation and Parks Department, to a homeless youth organization in Denver, and in my work as the Director of Distributive Services at CHUM; I have been able to put a stamp on the community and made a concentrated effort to not only bridge gaps, but to help make communities be the best that they can be.

In Los Angeles, while being tasked with marketing the \$93 million dollar renovation of the Griffith Observatory, I also worked with all of the major league sports teams to identify areas in Los Angeles that would benefit from sport courts, worked with City Forester's to promote safe palm tree trimming, organized youth programs, and more. I served as a liaison between our department and these organizations among others to identify the needs of the community, and serve as the logistical and operations person to get the job done. We built recreation centers in areas of town where youth had no safe place to go. I helped to create and operate activity zones during the holidays so that the community could come together for free and celebrate coming together at free ice skating rinks, and other fun activities. In all of the programs, capital campaigns, and day to day activities that I did while I was there, they all showcased the mission of the department, while complementing the needs of the organizations, and areas in the city that we touched.

When I moved back to Colorado, I worked at Urban Peak, a homeless youth organization. I served as the Events and Marketing Specialist. My job not only included creating and implementing special events, social media, and marketing campaigns, I also served as the board liaison to the board of directors. I took minutes during meetings, coordinated meeting packets, coordinated meetings, and answered any questions that board members had about the day to day operations of the organization. I was also in charge of data entry for all donor information into Raisers Edge, and created donor letters, and ran giving campaigns. While at Urban Peak, I helped a donor to create a food waste non-profit called We Don't Waste. After seeing how much food was thrown away from special events, and in grocery stores, the idea was to rescue food from suppliers, caterers, grocery stores, hospitals, schools, professional sporting events, and more. I served as the Operations Director for five years. In this

position I fostered relationships with over 300 food providers, in addition to over 70 non-profits that benefitted from free food to help hundreds of thousands of clients in Denver and the surrounding areas—including the Pine Ridge Indian Reservation in South Dakota. I also created a daily schedule of pick up and drop offs for four trucks, tracked daily donations and distributions of food, and created monthly reports from the database. I also provided monthly updates to the board that included grant reports, year-end projections, and operational procedures.

When my wife and I moved to Duluth, I was excited to be hired as the Distributive Services Director at CHUM. In my role, I operate three food shelves which has meant ensuring that shelves stay stocked with food, donors are engaged in giving throughout the year, that over 100 full-time volunteers are active in fulfilling needs of our program, in addition to overseeing three staff members. As a director at the organization, I am very involved with 43 different member congregations and the board, providing monthly reports, and overseeing the food shelf advisory board that meets monthly to review client data, food and donation trends, and needs. My job at CHUM has for the first time provided me the opportunity to engage directly with clients on a full-time basis. I see firsthand how a donation can impact a family in need, or an individual that has fallen on hard times.

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

My interest in serving on the Board of Whole Foods Co-op stems from the company's "End Statement—Whole Foods Co-op is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community." I believe in this guiding principal and how it has led to the amazing longevity and success of the Co-op, and kept many in the community of Duluth, safe, healthy, and thriving. I have seen the impact of the Co-op first hand at CHUM, in addition to many other organizations in town.

### 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 ability to work with people, as evidenced by my experiences, would make a positive contribution to the Co-op. I have extensive experience not only in ensuring efficiency and effectiveness through operational

directives, but in utilizing best practices on internal systems and processes, implementing programing visions, fostering relationships with not only partners, but providing advocacy for people in need, which has prepared me to work with people to enhance their ability to become successful individuals. My work and training has honed essential communication skills coupled with compassion and a desire to motivate others to help themselves. My successful approach has allowed me to develop long-term program and operational models that establish and maintain effective performance measures through fiscal responsibility, with both the private sector, as well as through the use of grants from both public and private organizations.

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

Living in today's world comes with many challenges and opportunities. Over the course of 4 years, everyone has had to reinvent who we are, what we do, and how we do it. I believe this will continue for the foreseeable future, and it will be up to the leadership at Whole Foods Co-op to continue to navigate through some tough channels, especially in the food procurement side of business. The Co-op has set itself up nicely through its working relationships with local food producers, and it will need to continue to do so to keep inventory stocked and moving through minor and major supply disruptions. Keeping it local has been and will be a huge opportunity, but pushing local producers to produce more, while keeping prices low, will be a challenge. Whole Foods Co-op is a tremendous gift and asset to the twin ports communities, and it will be important to grab every opportunity to continue to grow and expand the reach while keeping the community healthy and well fed.

### Other Comments:

I am passionate about the mission of Whole Foods Co-op. The last three positions that I have had, have confronted poverty while nurturing a healthier community. The Co-op's mission has been my internal mission that has been instilled in me since I was very young. After exploring the Board of Directors background information, I felt that this would be a perfect fit for what I know about the needs of the community, my skillset and experience, and connecting to the Co-op's mission. Thank you for the opportunity to apply. I appreciate your consideration and look forward to speaking with you.



**BOARD OF DIRECTORS CANDIDATE**

**Lynn Kalnbach**

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

I am a resident of Duluth and have been working at the College of St. Scholastica (CSS) for almost 18 years in various positions. I am currently the Chair of the Management and Business Studies Department in the Stender School of Business & Technology at CSS. As the Chair, I teach half time—mainly undergraduate management courses—and then manage our programs in Business, Marketing, Organizational Leadership, Accounting and Finance for the other half of my role.

I am married and have two sons. I became an Owner about 16 years ago after my younger son (who was a baby at the time) was diagnosed with several food allergies, and I needed to learn a different way to shop for and cook food for him.

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

I would like to be part of the Board because I care about the mission of the organization. I also appreciate the Co-op offering products that are not available at

other grocery stores, the organization is focused on socially responsible approaches, and that I have a voice in the future of the organization by being an Owner.

I also have a very personal reason for wanting to serve on the Board. When I first learned about my son's food allergies, the allergist recommended that I go to the Co-op to find some alternative food options for my son. I was overwhelmed and had tears in my eyes while looking through one of the aisles when one of the Co-op's associates asked if they could help me. In that moment, it was exactly what I needed to help feel less overwhelmed and to focus on identifying a few new food options for my young son. This example is what has shaped my thoughts and feelings about the Co-op and the important role it serves in our community.

**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 have enhanced a number of skills and characteristics in my work at CSS including: data gathering, data analysis, and report

writing; problem solving and decision making; recruitment and retention efforts with regard to students as well as employees; development, maintenance, and evaluation of programs; and leadership behaviors.

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

The Co-op has many opportunities: building additional partnerships with local producers and other organizations; expanding brands and product options; expanding the educational offerings

There are also some challenges. The main challenges will be to keep products affordable and to increase membership (especially in certain populations); also, not unique to the Co-op is the challenge of maintaining adequate staffing levels.

**wholefoods.coop/vote**

**How to log in:**

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

It's time to pick your Board! Visit **wholefoods.coop/vote** and log in. Your Owner number is your Elector ID. Your password is the last name of the primary person on your Owner account, which you can find above your address on the back cover of this issue. *Those without internet or computer access can request a paper ballot at our customer service desk.*

**Vote for up to six Board candidates.** Your vote will help determine the length of terms; election results will fill three 3-year, two 2-year, and one 1-year terms. The deadline to vote is Sunday, October 23rd. New Board members and their term lengths will be announced at the 2022 Annual Owner Meeting (p. 3).



# GIVE!

**HELP CHOOSE THE  
2023 NON-PROFIT  
SUPPORT PROGRAM  
RECIPIENTS**

This summer, local non-profit organizations applied for our GIVE! Non-Profit Support Program. Applications were reviewed for program eligibility by a team of Whole Foods Co-op employees. Now it's your turn to help select the 2023 Non-Profit Support Program recipients!

**Co-op Owners can see the finalists and cast their vote at [wholefoods.coop/vote](https://wholefoods.coop/vote).**

[wholefoods.coop/vote](https://wholefoods.coop/vote) • Saturday, October 1 – Sunday, October 23

*Those without internet or computer access can request a paper ballot at our customer service desk.*

## PLAN YOUR HOLIDAYS WITH WFC



**HARVEST MEAL**  
plates, sides, & pies  
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**HOLIDAY TREATS**  
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# 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)  
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Owned by YOU and

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[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!

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new deals, coupons, & events.

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

# FALL OWNER DEALS

OCTOBER

## \$5 OFF

YOUR \$40 SHOP

Valid October 1 – 31, 2022

One Time Use

### PEACE COFFEE DEAL

October 19 – 31, 2022

## \$5 OFF/lb

BULK PEACE COFFEE

One Time Use

NOVEMBER

## \$5 OFF

YOUR \$40 SHOP

Valid November 1 – 30, 2022

One Time Use

### GIFT CARD DEAL

November 25 – December 9, 2022

FOR EVERY \$100\* YOU SPEND ON  
**CO-OP GIFT CARDS**  
YOU'LL GET \$20 IN CO-OP CASH!

\*up to \$500 | Co-op Cash redeemable through 12/31/2022

DECEMBER

## \$5 OFF

YOUR \$40 SHOP

Valid December 1 – 31, 2022

One Time Use

### BULK DEAL

December 14 – 20, 2022

## 10% OFF

YOUR BULK SHOP

One Time Use

All Owner Deals 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. Gift cards cannot be purchased with coupons, gift cards, or Co-op Cash.