

COOK COUNTY
WholeFoods
CO-OP



The blueberry jam

Winter 2019

IN THIS ISSUE:
THE SHOPPER SURVEY





About the BlueberryJam

The opinions of the authors featured in the BlueberryJam do not necessarily reflect the opinions of the Cook County Whole Foods Co-op.

Nutritional & Health information found in these pages is not meant to substitute consultation from a licensed health care provider.

GO PAPERLESS!

Send an email to: info@cookcounty.coop, and we will put you on the email list. Once a year, however, the ANNUAL REPORT is mailed to all members by mandate of our bylaws.

Our Board of Directors:

DON GRANT

President

dcgrant@boreal.org

Term expires 2019.

LORRIE OSWALD

Vice President

boreallor@gmail.com

Term expires 2018.

BARB LAVIGNE

Secretary and Treasurer

blavigne@boreal.org

Term expires 2019.

YUSEF OREST

yuseforest@gmail.com

Term expires 2020.

NICK VAVRICHEK

kojnlv70@icloud.com

Term expires 2020.

ERIN WATSON

erin.theresa.watson@gmail.com

Term expires 2019.

And introducing new member:

JANE ALEXANDER

jalexander813@icloud.com

Term expires 2021.

The Board Report

by Barb Lavigne, Secretary and Treasurer



As many of you know, your Co-op conducted a Shopper Survey this Fall. Let me start by expressing much gratitude to Don Grant, our Board president who spent a lot of time going through the responses and boiling down the information. He has quite a bit of background in this type of work and we are so fortunate that he was willing to take on this project.

We received 457 responses, which, we hear from our consultants, is a very respectable response rate. Most of the respondents were owners although we did reach a few non-owners as well. Responses were very similar across age groups, full time and seasonal residents, gender, and size of household. Not surprising were answers indicating a strong desire for healthy food, locally sourced if possible, and sustainable business practices. Something the Board found interesting was that, while many of you listed low prices as very important, more chose as extremely important that the Co-op be a great workplace with good paying jobs. There was strong support for increasing access to healthy foods through other community organizations such as the food shelf and very little support for selling conventional groceries.

70% said the Co-op is meeting their overall needs well. Expansion of cooler and freezer space has already addressed some requests for more meat and deli choices. There was an overwhelmingly positive response to questions relating to the condition of the store and the quality of the staff.

The Board will use this information to fuel our thinking in the coming year. Thank you to all who took the time to tell us what you think.

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Welcome, Jane!



State of the Co-op

by Jennifer Stoltz, General Manager



Thanks to everyone who took our Shopper Survey. The board and management team reviewed the survey results in early December and will consider your input as they make decisions in the coming year. Also, thank you to everyone who reached out to me personally to discuss the topic of carrying national brands such as Heinz ketchup or Charmin toilet tissue at our Co-op. Owners overwhelmingly said that they did not want us to change our product policy and want us to continue offering organic and natural foods and products. We heard you and will not sell conventional products at this time.

Exciting changes happened in aisle 5 in November. A new refrigerated meat case and a new two door freezer have been installed. These were added to meet customer demand for more meat, deli and frozen products. We had to shuffle some grocery items around to make room. The final phase of this project will happen in February when we do a store reset. It's important to look at our product mix every few years. We'll be removing slow selling items and will bring in more Co+op Basics merchandise such as the value priced organic Field Day line. There will be another shuffle of products during the reset. Please ask any staff person if you can't find what you're looking for.

We are switching credit card and gift card processors. Our current processor has been unable to work with our Point of Sale (POS) provider to allow us to accept chip cards. We will finally be able to process chip cards, but our gift card program will change once the transition is complete. Currently, if you purchase a gift card from us, you can use the card at our store and a number of other NCG co-ops such as the Whole Foods Co-op in Duluth or Mississippi Market in St. Paul. Following the switch, past and present gift cards purchased at Cook County Whole Foods Co-op will only be usable at Cook County Whole Foods Co-op. Gift cards purchased at other co-ops will no longer be usable at our store. I'm not sure how long the transition will take and there may be some bumps along the way, but we'll work to make the conversion as pain free as possible.

Our Co-op conducts shopper surveys every three to five years, but we welcome your comments and suggestions any time. Feel free to send me an email at jennifer@cookcounty.coop or fill out a comment card in the store.

Our Ends Statement

As a result of all that Cook County Whole Foods Co-op does, we will be:

- A successful, cooperative grocery that is a trusted source of affordable, healthy, local, sustainable products, and services for all.
- A leader in environmentally sustainable practices.
- A source of employment that provides meaningful work and fair compensation.
- A welcoming and friendly gathering place where the community has a sense of belonging.
- A trusted resource for information on food, wellness, and the value of cooperative principles.



SURVEY

Cook County Whole Foods Co-op Survey Results

Every few years the Co-op makes a shoppers survey available so we can stay in touch with what customers are thinking. In order to gather insightful feedback, the survey was available during the entire month of October, 2018, and the results were carefully tabulated. They are now available on our website at <http://cookcounty.coop/news/>. Here is just a small sampling of the results:

How Important are the Following Co-op Values to You?

Category	Not important at all (0)	Slightly important (1)	Moderately important (2)	Very important (3)	Extremely important (4)
Providing healthy foods (1)	< 1%	< 1%	5%	32%	63%
Providing products that are locally produced (2)	1%	3%	24%	43%	30%
Democratic operation for the benefit of the member/owners (3)	3%	5%	21%	40%	32%
Incorporating environmental sustainable practices in our business (4)	< 1%	2%	11%	39%	48%
Being a great workplace in our community (5)	< 1%	1%	8%	44%	47%
Being a meeting place for shoppers and community members (6)	5%	8%	24%	40%	24%
Offering classes and educational opportunities in our community (7)	5%	17%	36%	31%	11%
Other (8)	2%	< 1%	2%	4%	14%

How Well is Cook County Whole Foods Co-op Meeting Your Needs?

Poorly	OK	Well
1%	29%	70%

How Important is it to You that the Co-op...

Category	Not important at all (0)	Slightly important (1)	Moderately important (2)	Very important (3)	Extremely important (4)
... keeps prices as low as possible?	< 1%	6%	24%	37%	32%
... pays living wages to all employees?	< 1%	1%	8%	50%	42%
... pays a patronage rebate each year?	13%	21%	38%	18%	10%
... invests in new businesses/ventures (e.g. local farms)?	7%	17%	34%	30%	11%
... distributes healthy food to members of the community (e.g. food shelf)?	2%	6%	26%	42%	24%
... supports other community organizations?	5%	16%	34%	33%	12%
... does something else? Please specify	1%	< 1%	< 1%	4%	3%

Do you have questions, comments or suggestions for the Co-op's Board of Directors? Send us an e-mail, leave a note, or come to a board meeting. Board meetings are typically the fourth Tuesday of each month (*check our Events page for times*), and owners are always welcome. Notify the Board President in advance if you would like a topic to be added to the agenda.

Fair Trade plays a Key Role in Slowing Climate Change

By: Co+op, stronger together

When the fair trade story is told, people often focus on the social and economic benefits fair trade provides producers, which are significant. But the market stability that fair trade certification creates also

empowers farmers to invest in farming methods such as regenerative agriculture, agroforestry and tropical reforestation projects that help to slow climate change.

In May of 2018, food co-ops across the country partnered with Fair

World Project to raise awareness about the inspiring environmental projects many fair trade producers have undertaken in tropical areas all over the world. In addition to selling over one million dollars of fair trade certified products, directly benefitting producer communities within our supply chain, collectively we raised \$8,000 for Fair World Project's Grow Ahead initiative, a grassroots effort to fund reforestation projects at Cooperative Norandino in Peru.



Photo by Fair World Project

Members of Cooperative Norandino

The cooperative is owned by 7,000 small-scale, fair trade and organic cacao, coffee, sugar and fruit farmers in northern Peru who will be using the funds to plant 69,000 native tree seedlings and build two plant nurseries. This is part of a larger farmer-led reforestation project covering 136 acres in total. Tropical reforestation remains a powerful and well-known method of drawing carbon dioxide from the atmosphere, making Project Drawdown's top ten list of potential climate change solutions.

Food co-ops continue to pursue and support projects like Cooperative Norandino's because tropical areas of our world are critical parts of our supply chain, growing an enormous variety of agricultural products from staple grains like rice and quinoa, to widely used tropical oils like palm and coconut, to beloved treats like bananas, coffee and chocolate. Many of the methods used to farm these products quickly and

cheaply have taken an enormous toll on the people, local economies and environment. We believe that working together, people and businesses can do better.

Partnering with fair trade companies, farmer and producer cooperatives is one way of ensuring that the people involved throughout our supply chain are properly empowered economically and legally. Because tropical areas are also critical to the protection and improvement of Earth's atmosphere, food co-ops collectively have chosen to invest in projects that are focused on protecting, growing and sustainably managing tropical rainforests, like the one our colleagues at Cooperative Norandino are pursuing, or our own carbon offset program, Co+op Forest.

We are honored to partner with inspiring organizations like Fair World Project, Cooperative Norandino and fair trade

cooperatives all over the world to bring our customers the very best food the world has to offer in a more sustainable way. Look for fair trade products when you shop at the co-op, your purchase makes a difference.



COMMUNITY

coop explorers

Kids love our Explorers Club Program! Who wouldn't love a juicy piece of fruit while shopping, and the chance to win a fun & fantastic lunchbox?



Reece Zallar



Jimmy McIntyre



Tib Nordlund

CCWFC became a full-blown event sponsor for the first time at this year's annual fundraiser—Empty Bowls—which raises funds for the Cook County Food Shelf and other community organizations addressing Cook County's critical hunger needs year-round.



TERRACYCLE



Our campaign to reduce the amount of garbage created by oral care packaging & products was a huge success! In collaboration with Nordic Nature Group, Grand Marais Family Dentistry, Terracycle and Denny Fitzpatrick, the Co-op announced a collection of over 15 pounds of plastics!



Korean Cooking Class

Can you say, smell, taste & cook:

- Dobu Jorim
- Gamja Jorim
- Oi Bokkeum



CCWFC was awarded the Lake Time Magazine reader's award for **BEST FOOD CO-OP IN MINNESOTA!**

"The best of the best. The bee's knees. The top dogs. The cat's meow. The jim-dandys. The knockouts. The standouts."

— Lake Time Magazine



Please join us in a round-up campaign at the register during the month of March! This is our chance to support the annual campaign to help us fill our **local foodshelf** with food for those in need.

For more than 30 years, Minnesota FoodShare has worked with Minnesotans to address hunger and food insecurity through fundraising, education, and advocacy.

Minnesota FoodShare and it's partners envision a Minnesota where all residents have access to healthy food and no one struggles with food insecurity.

Fighting Hunger through Local Community Action

Minnesota FoodShare engages thousands of Minnesotans annually via the Minnesota FoodShare March Campaign, education and awareness efforts, and state and federal advocacy efforts supporting programs that address poverty and food insecurity.

2018 March Campaign Results:

- 284 food shelves participated
- \$8,150,938 raised
- 5,527,882 pounds of food collected
- \$300,000 distributed to participating food shelves via the Minnesota FoodShare FoodFund.
- To date, over \$17.2 million has been distributed to March Campaign participating food shelves via the Minnesota FoodShare FoodFund.



Statistics:

- 1 in 10 Minnesota households are food insecure
- 3,000,000+ visits are made to Minnesota food shelves each year
- 1 in 7 children in Minnesota struggle with hunger

The Calendar

JANUARY

Owner Appreciation Day
Saturday, January 5, All Day

Sushi Class
Wednesday, January 9, 7pm-9pm

Board Meeting
Tuesday, January 22, 5:30-7:30pm

Wellness Wednesday
Wednesday, January 16, All Day

FEBRUARY

Owner Appreciation Day
Tuesday, February 5, All Day

Wellness Wednesday
Wednesday, February 20, All Day

Board Meeting
Tuesday, February 26, 5:30pm-7:30pm

MARCH

Owner Appreciation Day
Tuesday, March 5, All Day

Wellness Wednesday
Wednesday, March 20, All Day

Board Meeting
Tuesday, March 26, 5:30pm-7:30pm



The **STAFF** Speaks



BEE'S WRAP™
SUSTAINABLE FOOD STORAGE



Reduce Single-Use!

by Kim Falter, MS Holistic Nutrition, Wellness Coordinator

Most of us know that single-use products, especially of the plastic variety, are no

longer sustainable. We use these products for a few minutes, maybe a day, yet it takes thousands of years to disintegrate, all the while pushing the boundaries of our landfills.

Fortunately, your Co-op carries lovely alternatives to some of the worst offenders. So look no further, your path to sustainability is ready and waiting:

Plastic Bags:

Some estimates place plastic bag consumption at 1 million bags used per minute! These bags not only take thousands of years to break down, but can be toxic in the process. At the Co-op we have some great alternatives for your grocery, bulk and produce bag needs. ChicoBag is a wonderful company out of Chico, California, that produce a wide variety of reusable grocery bags, as well as a 3-pack set of reusable produce bags. These products will stand the test of time, while folding up nicely in their pouch or band for easy storage. EcoBags is another company producing sturdy 100% cotton bags great for both produce and your bulk items. Also available in a 3-pack set, they can be easily tossed in with a load of laundry for reuse.

Plastic Wrap:

Similar to plastic bags, plastic wrap is used briefly, yet toxic when left to break down in our landfills. A wonderful new alternative is Bee's Wrap! Produced in Vermont, Bee's Wrap is organic cloth coated in beeswax, tree resin and jojoba oil. It adheres to itself, similar to plastic wrap, and comes in a variety of sizes. Cheese, bread, that bowl of leftovers, even a school lunch sandwich-can all be wrapped and protected using this amazing product.



Drinking Straws:

Some love sipping on a cool beverage through them, others believe drinking straws are simply unnecessary. The reality: they lead to a lot of garbage. Luckily, no one needs to give them up! Drinking straws now comes in several reusable varieties, from stainless steel to bamboo. At your co-op we have the stainless steel variety in a generous 4-pack, complete with a pipe cleaner-type brush for easy cleaning.

Toothbrushes:

We all need toothbrushes for proper oral hygiene, yet most of the toothbrushes on the market are made of plastic. Although not technically single-use, if you think of how many people use a toothbrush and that we may need more than one over the year, this adds up to a lot of plastic garbage in our landfills. In search of an alternative, some companies have come up with a sustainable option: bamboo! Bamboo is self-regenerating and fast-growing, making it an excellent earth-friendly alternative. WooBamboo produces a toothbrush made from organically grown bamboo, complete with a fully biodegradable handle and recyclable bristles. My Magic Mud produces a bioplastic toothbrush composed of cellulose derived from wood scraps and BPA-free infused bristles with charcoal.



COOKING CLASSES

We encourage owners to share their passion for cooking, healthy diets, and cultural cuisines by teaching a class at the Co-op! Please call Becky at 218-387-2503 for more information.

Supreme Rhymes with Them

by Adam Mella, Deli Manager

Winter citrus season is here, and our

produce department is flush with grapefruit, oranges and mandarins. I have always loved citrus flavors but disliked the mess of eating them. Grapefruit are my favorite. If there was a grape that tasted like grapefruit, I would eat nothing else. Maybe they do exist somewhere, I have never been to another planet or south of the equator, here on earth.

We needed a citrus salad in the deli, an easy way to enjoy citrus for someone on the go. We tested various recipes and methods and arrived at the supreme cut. Supreme rhymes with them. Say it out loud with some gusto, what fun!

When done correctly, a supreme cut extracts all the citrus flesh without any of the skin or rind or pith or membranes. Also, the seeds. While this still creates a substantial mess, the final product is pure gold, and well worth the effort. I wish I had learned of this sorcery much sooner in life.

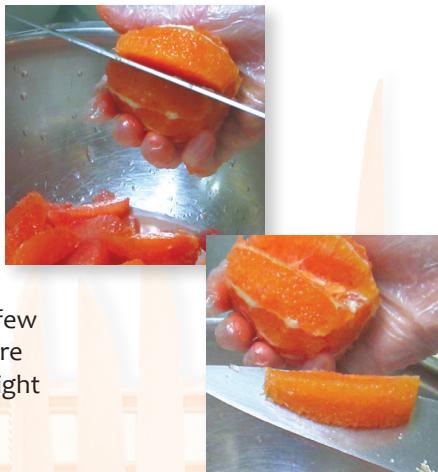
If you want to give it a try, it is probably best to just go find a video and practice on a few sacrificial Valencias, but here are steps to get you going in the right direction.

1.) Cut the top and bottom off flat so the fruit sits nicely on the cutting board and the flesh sees the light of day.

2.) Cut downward, following the curvature of the fruit, removing the skin without taking too much of the fruit. This is a real balancing act.

3.) Lastly, hold the peeled fruit gently in your hand over a bowl and make the final cuts along the remaining internal membrane down towards the core, resulting in a precious wedge of pure citrus. What is left looks like a tiny book, when you finish the final chapter give it a good squeeze.

Whatever juice you capture in the bowl should be consumed immediately. Or, if you are making a citrus salad, the juice makes a wonderful start towards a vinaigrette dressing.



Consider a Plant-Based Diet

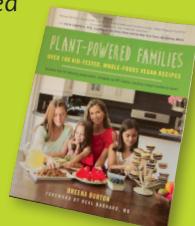
by Lois Steven

Do you think pizza without the pepperoni and sausage provides the necessary protein for your family? It does! The perception that dietary protein is derived only from eating animal products is a myth.

Proteins are constructed of hundreds of thousands of amino acids. Our gut proteins wear out regularly and must continually be replaced to build and repair tissues. Nine amino acids for repairing our tissues have to be provided by the food we eat. They are called “essential” amino acids because our bodies cannot make them.

All nutrients in animal-based foods can be better provided by plants. Plant-based foods have considerably more antioxidants, fiber, vitamins and minerals than animal foods. Animal foods are almost totally devoid of several of these nutrients, but have much more cholesterol and fat.

If you are interested in experiencing delicious and nutritious plant-based fare, watch for notification of a plant-based cooking class to be held during the Winter.





The Power of Breakfast

Annie Albertson, M.S., R.D., Co-op Grocer

Breakfast is often described as the most important meal of the day providing us with the nutrition we need to get our body

and brain going for the daily activities ahead. As nutritionist Adelle Davis famously stated over half a century ago, “Eat breakfast like a king, lunch like a prince and dinner like a pauper”.

Current dietary recommendations suggest we should consume 20-25% of daily calories at breakfast (i.e. females -300-500 kcal and males- 400-600 kcal). And yet national surveys indicate up to 1/4 of adults, 1/3 of teens and a growing number of children (up 10%) skip this important meal on any given day. Adolescent females are most likely to omit breakfast.

Relative to its energy contribution, breakfast provides a higher percentage of micronutrients than other meals consumed during the day. In addition to being a marker for an appropriate micronutrient and macronutrient intake pattern, regularity in breakfast consumption has been linked with improvement in academic performance and psychosocial functioning, as well as cognition among children. Furthermore, breakfast consumption is considered an important determinant of a healthful lifestyle and its association with healthful behaviors may favorably influence body weight (BMI) and cardiovascular disease indicators.

Breakfast provides important nutrients for growing children and adolescents. Studies have shown that children who skip breakfast have a reduced intake of vital nutrients such as vitamins, A, B-6, D, riboflavin, folic acid, calcium, iron and zinc compared to children who eat breakfast. Additionally, these low nutrient intake levels are not compensated for at subsequent meals.

Families, caregivers, schools and community have a significant role in promoting healthy meal patterns that include breakfast and providing access and availability of nourishing foods.



Kale and Chickpea Mini Frittatas

from Co+op, stronger together

Servings: 12, Prep time: 45 minutes

Active time: 15 minutes

Ingredients:

- 12 large egg whites
- 1/2 teaspoon salt
- 1 15 ounce can chickpeas
- 4 leaves kale, chopped
- 1 large tomato, chopped
- 1/4 cup fresh parsley, chopped
- 1 teaspoon dried thyme

- 1.) Heat the oven to 350° F. Line a 12-cup muffin pan with paper liners or grease with butter and set aside.
- 2.) Whisk the egg whites and salt in a medium bowl; reserve.
- 3.) Drain the chickpeas in a wire strainer and place in a large bowl. Add the kale and tomatoes to the chickpeas. Add the parsley and thyme and mix well. Divide mixture between the muffin cups, placing the items loosely so the egg whites can flow around them. Divide the egg whites between the muffin cups, about 1/4 cup of egg per muffin. (*Tap the pan on the counter to settle ingredients.*)
- 4.) Bake for 25 to 30 minutes, until the eggs are set. Cool on a rack before refrigerating or freezing in an airtight container or freezer bag.

Bake these low-fat frittatas ahead of time and store them in the refrigerator. They're easy to take along as you run out the door on a busy morning!

The OWNERS

New Owners (9-12-18 to 12-16-2018)

Ariana Amini	Sally & Bobby Horstman	Deb Redmann
Diane Anderson	Beth Jansen	Mark Schoenbauer
Charles & Grace Bishop	Teresa Kangas	Daniel Sigg & Amy Olson
Barbara Broker	Randall Knudson & Shawn Williams	David Stirratt
Steven Brown	Sarah Lakosky	Beth Sutherland
Lyla Brown	Patty Laney	Charity & Devon Tapp
Cascade Vacation Rentals	Jacob Lubke	Edith & Roland
Austin Danicic	Morgan Macenka	Thorstensson
Amanda & Goraon Engstrom	Diane Marsyla	Jennifer Victor-Larsen
Brad Gee & Alyssa Tuttle	Jim McGowan	Sarah Waddle
Elizabeth Gilthvedt	Klara McNeally	Carol Wagner
Frederick Haas	Chris Meehan	Michael Wheeler
Jay Halvorson	Kimberly & Tim Nelson	Charles White
Catherine Hansen	Jessica Oldenburg	Robert Wright
Max & Johnna Holmgren	Kristen Pedersen	Margita & John Wytanis

Paid in Full Owners (9-12-18 to 12-16-2018)

Amanda & Gordon Engstrom	Elizabeth Gilthvedt	Nancy Metzger
Carl Anderson	Nancy Gustafson	Laura Mills
Diane Anderson	Cathy & Steve Hahn	Jean Perkins
Elizabeth Atherton	Greta & Hans Hall	Angela Plummer
Paulina & Jesse Backstrom	Jay Halvorson	Ruth Pszwaro
Michael Baker	Sue Hamel & Rodney Swatton	Mark Schoenbauer
Chad Benesh	Joyce & John Heiskari	Daniel Sigg & Amy Olson
Charles & Grace Bishop	Jody Helmeron	Terri Sjogren
Lucien Bisson	Max & Johnna Holmgren	Lisa Sorlie
Jill Boen	Sally & Bobby Horstman	Carol Stender
Char Bostrom	Beth Jansen	David Stirratt
Jeanne Bourquin	Jayne Johnson	Lee Stones
Barbara Broker	Sue Kerfoot	Edward Stover
Steven Brown	Susan Kiel	Sydney's Frozen Custard
Sherri Carlson	Randall Knudson & Shawn Williams	Nichole Tate Roberts
Cascade Vacation Rentals	Katie Krantz	The Ginger Breadman Baker
Bobbie Collins	Linda Jurek	Edith & Roland
Christina & Charles Conroy	Sarah Lakosky	Thorstensson
Cynthia Crawford	Louise & Morris Levy	Brian & Kelly Tofte
Dylan & Sarah Dragswiek	Michelle Lewis	Richard Tormanen
Amanda Duenov	Stephanie Lightner	Jennifer Victor-Larsen
Taylor Erickson	Fredrick Livesay	Cilla Walford
Mike Flack	Aimee Luick	Alice West
Kathleen Gabrielsen	Morgan Macenka	Michael Wheeler
Dayna & Brian Gallagher	Aliya Marxen	Charles White
Paul Gecas	Jim McGowan	Margita & John Wytanis
Brad Gee & Alyssa Tuttle	Chris Meehan	Robert Zuppe
Elaine & John Giebenhain		

HOW MUCH IS A MEMBERSHIP?

Pay full \$120 (not an annual fee) or: x10 quarterly payments of \$12. Benefits start with first \$12 payment.

Stop by the store and register to become an owner.

More info at: cookcounty.coop.

BENEFITS OF OWNERSHIP:

News: A subscription to the Blueberry Jam Newsletter and the Annual Report and keep up with what's new. **Earning:** Patronage Dividends in profitable years, the more you spend, the more you earn.

VIP: Attend our annual meetings and get discounts on Co-op classes. Eligible to apply for financial aid scholarships.

Voting: Vote for the Board of Directors and run for the Board. Have a say in our future.

Savings: Enjoy quarterly coupons, owner specials and Owner Appreciation Day.

WHAT IS FULL EQUITY?

Full Equity means an owner has paid their total \$120 equity share into the Co-op. The more full equity payments we have, the more we can grow, the more we can give back to the community!

Pursuant to our bylaws, you may request a refund of your equity account balance. Refunds will be made within 90 days of a written request if replacement funds are available at that time as determined by the Co-op Board of Directors. If your ownership account expires and you do not request a refund, your account balance will be added to the Co-op's capital fund after two years of inactivity.



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